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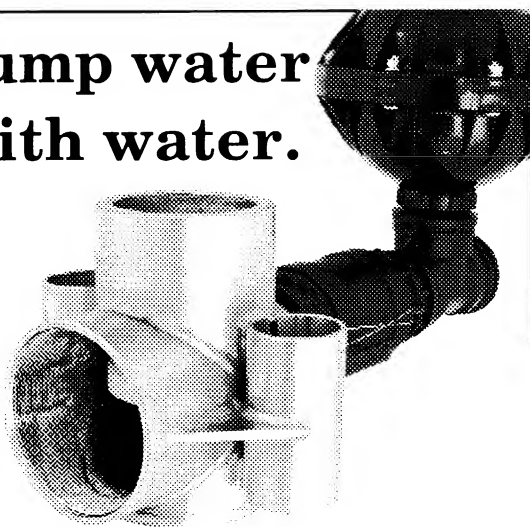
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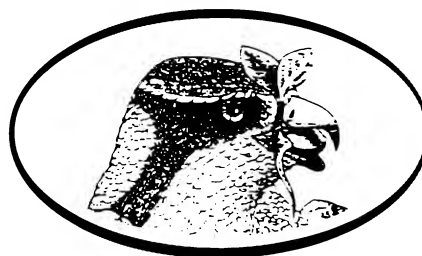
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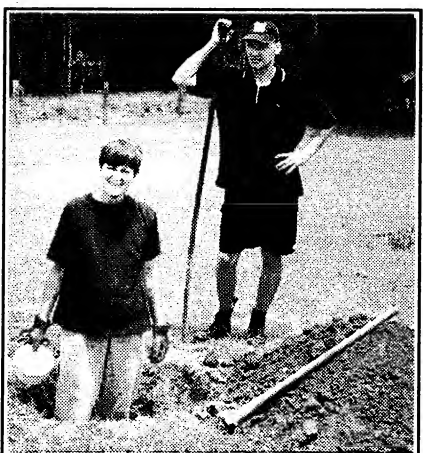
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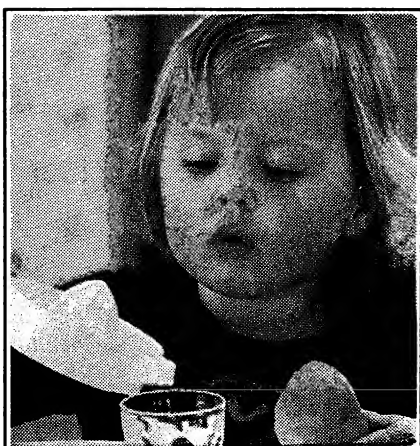
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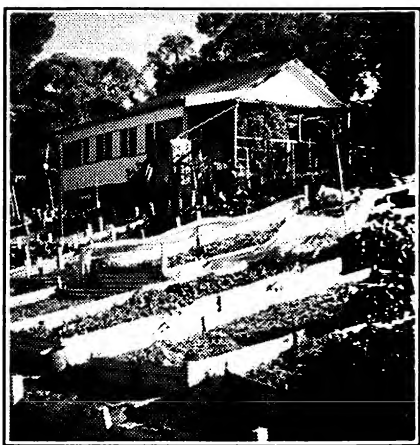
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**Back Cover:** A healthy cow is an asset on any smallholding. See page 22 to find out what can happen when a cow falls ill and page 57 for the end result when all goes well.

Edited by Megg Miller and Mary Horne

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## GUMNUT GOSSIP

by Megg Miller.

We've managed to get on top of our computer problems and to find all – well, almost all – the misplaced items that were evading discovery last issue, but for one reason or the other, most of us have suffered days of ill health. It would be a dreadful lie to say the magazine's been compiled by a skeleton staff – there's nothing thin and boney about us, we all enjoy our food too much. There has, however, been a spate of headaches, neckaches, backaches and lots of moans and groans. It's agreed, the next person we employ should be a masseur. Suffering some discomfort has made each of us more understanding and also more aware of the value of good health. It's not something to be taken for granted.

What I'm really saying is that there have been days when completion of this issue looked doubtful. Key people were absent or looked so terrible they should have been away. It's amazing how things come together at the last minute, how all the boring early work bears fruition and everyone is able to pull together and plough through the work. I'm sure most of you have examples in your own lives. 'We'll never do it,' you or another of the group wails. The team synergy develops, the project is not only finished but ends up fun. Thank goodness we can all work as a team, a really good team, and produce our issues of GR. A super effort well done.

You will be saddened to read Marjorie Bligh's letter on page 41 of Feedback, mentioning the loss several months ago of her beloved husband. Marjorie, of course, must be Australia's recycling queen and has shared her DIY ideas on reusing unloved items in articles for years. We, too, were sorry to read of her loss and offer our condolences. The loss in Marjorie's life will not be easy to fill, but a kind reader has posted over a page from a Tassie newspaper that says this indefatigable octogenarian is listed for carrying the Olympic torch around the apple isle. *The Sunday Tasmanian* writes: 'In the event of the torch requiring shelter from the wind or rain, she is the one woman who will be able to whip off stockings, knit them into a

cover, adorn it with an IOC motif fashioned from her hair bands, swathe the lot artistically in waterproofing from her plastic sammie wrapper and press on. If home hints were an Olympic event she'd win gold every time'. I'm sure the many readers who have previously contacted Marjorie – 'more than half of Australia' – and those just making her acquaintance will be behind her as she executes the great honour bestowed upon her. Our thanks to Felicia Mathers for generously sending the newspaper cutting.

When you consider how sprightly Marjorie Bligh is at 85, I'm not sure whether to laugh or cry about the following story. Although Mary, our GR editor, and I share slightly similar sounding names, we're far from alike. Just occasionally readers get us confused. Recently, some new neighbours of Mary's rang to ask if they could drop in with friends to meet her. A car duly arrived around the mutually agreed time and Mary walked out to greet its occupants. They appeared stunned and stood at the car, staring. 'We thought you'd be about 90,' one ventured. 'We didn't think you'd be so young. I mean, *Grass Roots* has been going for years, hasn't it!' To wade even further into the hot water, someone asked, 'You are Megg, aren't you?' There were relieved laughs all round as the confusion unravelled and Mary was almost crying with laughter when she retold the story. I'm still not quite sure it's all that amusing! We do feel quite jaded during the very hectic periods, but there are a few more decades before either of us nudges ninety.

We like to think the articles we include will inspire and encourage people to try them. We give many a go ourselves. We've been informed that not all are a success. No, we're not talking about dry stone walling or pruning, we're referring to the recent delicious article on making Easter eggs. 'I've been using ideas from GR for years, usually with great results – like my dog-proof fence made out of the neighbours' invasive bamboo, still standing after nearly 10 years. But the



last idea I used, from GR 138, was truly catastrophic.' Chari Jolly had decided she would follow Heather Kozak's directions and make chocolate eggs for her grandchildren. First a balloon burst, covering Chari with warm chocolate, then she had immense trouble getting the balloons to shrivel away from the chocolate. The eggs had to be cut in half to facilitate this operation and rejoined, quite a job. In the midst the phone rang and, turning awkwardly between table and chair, she fell over a bucket of water and ended up with a fractured rib. 'I turned the sad but true story into little books for the grandkids,' Chari wrote. 'Next year they will get crocheted Easter bunnies!' The books were gorgeous and showed just how innovative and talented readers are.

It's been refreshing having a newcomer on the staff who has loved and read GR for years and is now at the receiving end of all your letters and good wishes. Sue sorts the mail and deals with most of the queries, and many days she's just bowled over by the sincerity of the readers. How can you call it work when you're privy to notes of immense charm, explaining why a subscription has to be cancelled or renewed for the next year? Letters from older readers who learnt to compose and write in genteel times are especially enjoyable. Fortunately the occasional screed from cranks prevents us becoming too sentimental. But consider this: 'Please use these dollars for a sub for one of your readers who has recently found it necessary to stop subscribing. While I mean it as a gift, please do not use my name'. Thank you Robert, who remains anonymous, for this generous gesture. I don't think it's hay fever that's responsible for my sudden nose-blowing.

# A GROWING EXPERIENCE

by Pam & John Tucker, Emerald, Vic.

**Pam and John Tucker began their organic vegie enterprise in the beautiful Dandenong Ranges through a personal interest in organic food. They soon realised, however, that in order to develop into a successful business they needed to take a businesslike approach. This attitude, together with a commitment to quality and to customer service has ensured that their small business continues to diversify and thrive.**

In our mid forties, we (Pam and John) found ourselves with the option to lease about an acre of land, with house, on a 250 acre beef cattle property in Macclesfield, Victoria, about 10 minutes drive from both Emerald and Monbulk, close to the Dandenong Ranges. John was new to the area, so good jobs were hard to find, and Pam had lived in the area for four years.

After having chosen this new lifestyle, we initially tried our hand at building up a gardening run, which John still maintains today, mowing, clearing and tidying varying sized blocks of land. We utilised part of our acre to grow vegetables, organically, for our own use. Pam took on a relieving position in a hospital and began selling surplus homegrown produce to staff members, and it was also given to some of our regular gardening clients as a goodwill gesture.

Slowly the idea dawned, from the resounding success of our produce, that we could develop a business supplying farm-fresh organic produce to the local community. To test the idea out, we set up several local community market stalls which eventually ran for a couple of years.

We sourced produce from our own garden (which at this stage started to expand), and also from the organic section of the Footscray wholesale market. With a good response to our market stall, we decided to embark on a Future

in Small Business course at a local TAFE college, and then were accepted onto the NEIS (New Enterprise Incentive Scheme). In the meantime, we continued trading at the markets and began a very small home-delivery run into the Dandenong Ranges, supplying a full range of organic fruit and vegetables, farm-fresh eggs and honey. The business course proved to be very instructive and helpful, giving us both insight and confidence and enabling us

best views in Australia. The slogan 'Vegies With a View' needs no further explanation!

Our farming techniques, although small-scale, are strictly organic, and, although we initially built up a steadily expanding customer base without organic certification, we applied for, and ultimately attained, A-grade rating. We feel this offers an additional assurance for our customers. Our garden produces quite an array of seasonal

produce and we grow all year round.

We look upon our business venture as a true 'growing experience'. With very limited working capital, we have renovated packing sheds, designed and built a 'Hilton for hens' poultry house, and totally redesigned and expanded our initial garden plot. We have expanded into wholesaling, supplying a number of local small shops, B&Bs and a restaurant. We have

secured an additional supply of free range eggs and started a small local egg delivery run.

Our farm-fresh produce is now supplemented by supplies from several local organic growers, small-scale like ourselves, who also form part of a recently formed regional growers' group. The group provides support and friendship to its members, our current venture being the establishment of a number of different organic farm tours. Our farm is featured also on two local



Raised no-dig beds provide the core of the produce for 'Country Tucker Enterprises'.

to overcome many personal hurdles. Putting together a business plan was challenging, but a very beneficial experience. We registered a business name, 'Country Tucker Enterprises', which was to serve as an umbrella for a variety of activities.

Our vegetable garden of approximately half an acre is on a north-facing slope below the house, which sits atop a hill overlooking a vast valley. The Warburton Ranges form the backdrop for what we consider to be one of the

tourist maps, and this brings some very interesting and motivated visitors to our doorstep.

Country Tucker has now been in existence for just over three years. It is essentially (and intentionally) a small family business supplying only quality organic produce. By setting out a business plan, we were able to initially define our areas of skill and interest, and these we have built upon. John, always a keen home gardener, handles the areas of soil preparation, planting, raising seedlings, and the like. Pam takes care of the more internal tasks such as customer liaison, orders, bookkeeping, and caring for a flock of 85 hens.

As much as possible we try to integrate with each other's areas of responsibility so that we are both aware of what is happening and able to keep the business functioning in the other person's absence. John delivers customer orders one evening a week while Pam harvests the garden crop and helps with general garden maintenance. We find that we are both able in this way to keep in contact with our customers and also keep up with what is happening in the garden.

We encourage new and existing customers to visit the farm and always make time to take them on a tour of the garden and have a chat. The surrounding cattle property has various bush trails, and many a customer has enjoyed a stroll while waiting for their order to be prepared. Since most people visiting us lead very hectic lifestyles, this is always a great success! We try to keep our orientation on providing a service to people rather than just strictly running a business.

As our business has expanded, so have our needs, and we currently have a very supportive group of regular and casual helpers who either trade work for a box of fresh produce, or, more recently, work in exchange for food and lodging. We are not a WWOOF host farm, simply because we seem always to have numerous offers of help from people who visit.

We include the following 'Principle of Commitment', by Goethe, which was given to us as a gift at the outset of our venture.

Pam and John Tucker can be contacted at: PO Box 324, Emerald 3782. Ph: 03-5964-8243.

## THE PRINCIPLE OF COMMITMENT

*Until one is committed, there is hesitancy, the chance to draw back, always ineffectiveness. Concerning all acts of initiative and creation, there is one elementary truth, the ignorance of which kills countless ideas and endless plans . . . that, the moment one definitely commits himself then Providence moves too!*

*All sorts of things occur to help one, that would never otherwise have occurred. A whole stream of events issues from the decision, raising in one's favour all manner of unforeseen incidents and meetings and material assistance, which no man could have dreamed would come his way.*

*Whatever you can do, or dream you can, begin it. Boldness has genius, power and magic in it.*

*Begin it NOW!*

*Goethe*

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# MANURE BRINGS IN THE MONEY

by 'Manure Mick,' Tall Flowers, Aust.

This is my story, and what's more, it's not like lots of those that journalists write – it's a true one. You'll notice it's got a title but a pseudonym for the author because I cannot reveal who I am, as what I'm doing is effectively breaking the law. If they found out who I am, the Health Department would be along here very soon forbidding me to continue this practice, at the risk of a fine or even a court case. Anyway it's often been the case in the past that I've confided in people what I do, what practices I follow, and their reaction has been one of disgust and revulsion – so it's better to shut up about who I am.

We live in a coastal area of southern Australia, not too dry but not too wet. We can have very considerable dry spells and also lots of desiccating winds off the ocean that dry things out very quickly. We're also very lucky smallholders in that we actually make our living, albeit a quite humble one, from working our own piece of land.

It all began almost 20 years ago, by accident, when we started to grow flowers for a large wholesaler who lived near us. At that time we had just finished building our house. We were before the time of composting toilets, but we did put in a large tank for reusing our grey water and a 30 metre long septic trench, as the local council required of us. Even in the first winter the water table above the trench rose,



and with it came that sweet/sour smell of the septic. Not at all nice; so with a post-hole borer I drilled a hole into the trench, lined it with 10 centimetre plastic pipe and, with our little two-stroke fire fighting pump, pumped the surplus out on to the paddock, about 80 to 100 metres away, and all was well. In a very short time, where the effluent had landed the grass grew brilliant green and lush, very different from the hard brown of the rest of the paddock.

It didn't take long to realise this stuff was an asset rather than a liability. After a very short time, I was pumping it on to our flowers, with fantastic results. When summer came I actually missed this valuable resource, or rather, when I used it the pump sucked more out than the pipe was making. I could see there was room for improvement, so I syphoned it out with a 15 millimetre soft polypipe into a holding tank and then pumped it onto the flower beds. Also, this way I could dilute it with water or add seaweed liquid fertiliser. After a year or so I actually wore out the pump and bought a

second one! This lasted about five or six years and the high-pitched whine of that little two-stroke became quite well known in our area – no secrets in small communities.

Meanwhile, our little enterprise thrived and I could give up part-time work and devote myself full time to the flowers. We invested in a bigger and better tank, plus electric motor – no more noise and oh so much more efficient. The electrician who came to install the pump was fulsome in his praise of how we had converted a piece of poor dry hillside into a thriving little business – he could see what was happening. He comes back to fix things up occasionally – when the rotor in the pump wears out or I have other troubles – and he thinks I'm on a winner. We still have the original 15 millimetre black polypipe. After hitting it with the mower many times, we buried it and things keep working exceedingly well.

We have an old Italian friend – they know about these things – and he said, in Italian is a saying, 'La merda porta soldi'. Literally, shit (manure excreta, what you know brings in the money. Now and again, when I meet him, I say: 'Giuseppe, la merda porta soldi!', and we both chuckle.

*Under no circumstances should untreated human effluent be used to fertilise food crops.*

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# ALTERNATIVE EDUCATION

## Montessori

by Juliana Doupe, Whitfield, Qld.

Most people (me) talk of Steiner, Montessori and home schooling (and at great length too), with all the gusto and conviction of knowing nothing about the subject. This series is an attempt to remedy the situation. So, hopefully, next time you are wooed into such a conversation you will be able to, if not stun, at least impress your friends with your knowledge of alternative education. Perhaps also, a little bit of knowledge about some alternatives will help parents to make responsible choices about their children's education.

### WHO WAS MONTESSORI?

Maria Montessori was born in Italy in 1870. In 1896 she received her doctorate in medicine from the University of Rome, becoming the first woman to do so. She lectured in anthropology there and in 1907 opened her first *Casa dei Bambini*, or Children's House. She went on to publish over ten books on her educational methods and schools based on her work spread internationally. Dr Montessori was nominated for the 1950 Nobel Peace Prize. She died in 1952.

### UNDERLYING PHILOSOPHY

Dr Montessori believed that empowerment of children to be independent was essential in order for them to develop into responsible humane adults. She promoted inner discipline and individual liberty within an organised environment. The ultimate aim: to bring about the natural and spontaneous progress of the child.

### CLASSROOM DESIGN

The physical aspects of a Montessori classroom are quite different from those of an orthodox setting. There are no fixed desks and chairs; instead, lightweight tables that two four year olds can easily manage to carry are used. There are small chairs, tables for working singly, and long low cupboards for easy access. Partitions

between classrooms are waist high and children are permitted to wander freely between rooms. 'The room is dedicated to him and he is free to move about in it, talk and apply himself to intelligent, formative kinds of work.'

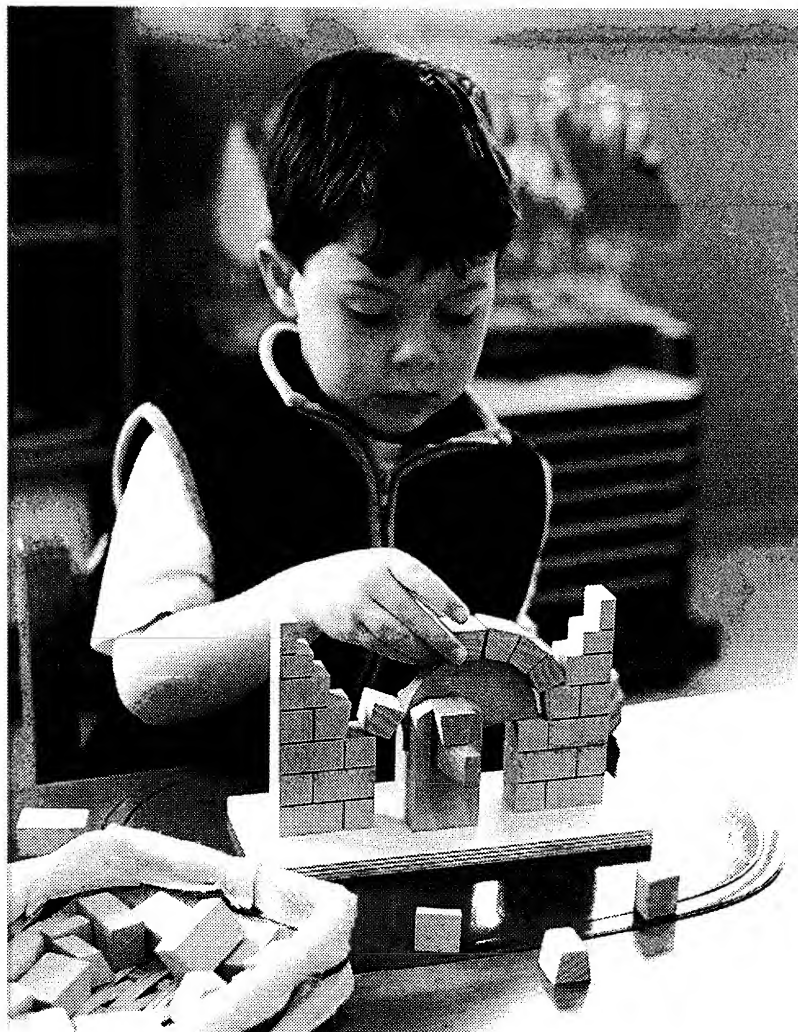
### CLASSROOM ACTIVITIES

There are three cycles in a Montessori school. Children from three to six are in a shared classroom, and so forth up to twelve. There are no Montessori high schools in Australia. There is an academic focus through each cycle, as well

as emphasis on practical learning. Children are seen as more important than curriculum, with self-motivation being a fundamental part of that view. The children use specially designed materials which are made to be self-correcting and simple, but most of all fun.

### TEACHER'S ROLE

The teacher is seen as the keeper of the prepared environment whose main aim is to prepare tasks that completely engage the child, as the bridge between the child and the experience. The



Photos courtesy of Pam Hutchinson.

### Contacts

Montessori Association of Australia,  
PO Box 1636,  
Hornsby Northgate,  
NSW 1635.  
Ph: 02-9476-4259.

Montessori Association of Victoria,  
PO Box 1316,  
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Vic 3150.  
Ph: 0500-511-907

Montessori Education Association of  
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136 Greenhill Rd,  
Unley,  
SA 5061.  
Ph: 08-8300-0000.



Right and Previous Page: An atmosphere of calm and happiness is conducive to concentration at all levels.

teacher is guided by the words: 'they must grow while I diminish'.

### DISCIPLINE

When all that is confusing and irrelevant is eliminated from an activity, a

child will hopefully be calm, happy and able to concentrate. This, coupled with freedom of choice and an atmosphere of community instead of competition, generally creates well-behaved children.

### Reference

*The Essential Montessori*, revised and updated version, by Elizabeth G Hainstock, Plume, 1997.

Next time we take a look at distance education.

## CAROB – DELICIOUS CHOCOLATE ALTERNATIVE

by John Mount, Woodford, Qld

Some theologians believe that the 'locusts' that John the Baptist ate and which sustained him while wandering in the wilderness were actually carob pods picked from the *Ceratonia siliqua*, the carob tree. The confusion was thought to have occurred because of a faulty translation and this is why the carob is known today as St John's bread. Its other names include locust bean and algaroba bean.

The word 'carat', the term used by jewellers and goldsmiths to indicate a weight of three and one-fifth grains when weighing gold and precious stones, is derived from the Greek word *keration*, meaning carob bean. Because of its uniform weight and size the bean was widely used as a scale 'weight' by ancient Mediterranean peoples.

The carob tree, which prefers a dry Mediterranean climate with a soil rich in

calcium, grows to around 15 metres and has glossy evergreen leaves and red flowers. From 5 to 15 hard brown seeds are produced in long flat leathern pods up to 30 centimetres long and 5 centimeters wide. The pods themselves contain a pulp consisting of about 50 percent natural sweetener and can be used to feed livestock. The gum of the carob is used commercially as a stabiliser, emulsifier, and thickener in cosmetics, food, paint, pharmaceuticals and textiles.

For chocaholics (like myself) carob is a godsend. It contains its own natural sweetener and doesn't need added sugar as does chocolate. Carob is about 80 percent carbohydrate, eight percent protein, and has virtually no fat or salt. It contains vitamins A and D and three of the main B vitamins, as well as small amounts of calcium, potassium, and phosphorus.

Milling the carob beans into powder is an age-old process which begins with the beans being thoroughly washed, dried, and crushed. The pulp is then roasted and ground into a very fine powder. Carob powder can be purchased in most health shops and supermarkets. It is also supplied in slab form like chocolate, as confectionary bars, biscuits, carob chip cookies, ice cream, and milkshakes. Speaking of milkshakes try this recipe: Take three tablespoons of carob powder, two cups of milk, two tablespoons of honey, a teaspoon of vanilla (more if you have a sweet tooth), one tablespoon of brewer's yeast, and one tablespoon of powdered milk: mix in a blender and serve cold (or hot).

Because carob has a similar flavour to cocoa and chocolate it can be used as a substitute in most recipes.



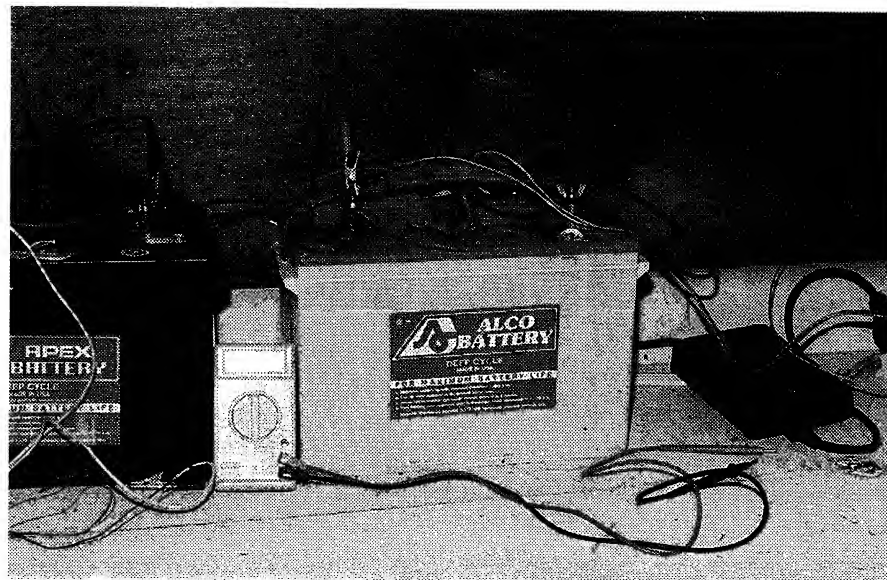
# SMALL-SCALE SOLAR

by Aarn, Karangi, NSW.

This is yet another article offering some advice/encouragement on setting up a 12 volt solar 'system'. If you don't want to be connected to the grid (or can't afford it), or maybe are concerned about the safety implications of 240 volt power in an isolated situation, such an easily maintained system will provide reliable free power (after initial set-up costs and familiarisation trials) in a remote location.

The heart of the system (figure 1) is two 104 Ah (amp-hour) deep cycle 12 volt batteries, connected in parallel. Feeding into this bank is a 25 watt semiregulated solar panel, mounted on the roof of a caravan. This panel faces north and is tilted at about 60° to the horizon in winter, about 30° in summer. An unregulated 32 watt panel is drafted into service as needed – in winter and cloudy weather. To 'track' the sun, the panel is shifted a few times each day.

According to the experts, it's best to keep the batteries fully charged, and ensure the electrolyte is topped up (with distilled water). The correct way to check charge is by using a hydrometer to check the specific gravity of the electrolyte. Not so easy when the batteries are tucked away, so a multimeter can be used to check the voltage. With this system, when the batteries were near-full and both panels were in direct sunlight,

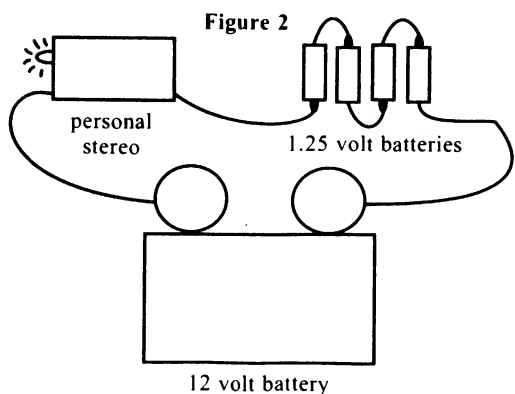


The heart of the system – batteries connected in parallel, multimeter at hand, inverter and wiring puzzle/nightmare!

a maximum of 13.5 volts was recorded, which fell to about 12.8 volts at night. Car batteries read bout 14.5 volts, with the vehicle idling.

A multimeter is also useful for monitoring the current flowing out of the panels, and for checking rechargeable batteries. To recharge batteries, the system is connected (in series) to a personal stereo ('Walkman') and four

1.25 volt batteries (figure 2). When the circuit is complete, the light of the stereo glows. The initial voltage drop across the stereo is about 7 volts, leaving 5.5 volts across the four batteries. Recharging in this manner brings each battery to about 1.35 volts after 8 – 10 hours. The system (12+ volts) across four batteries causes overheating, but would be fine across eight batteries.

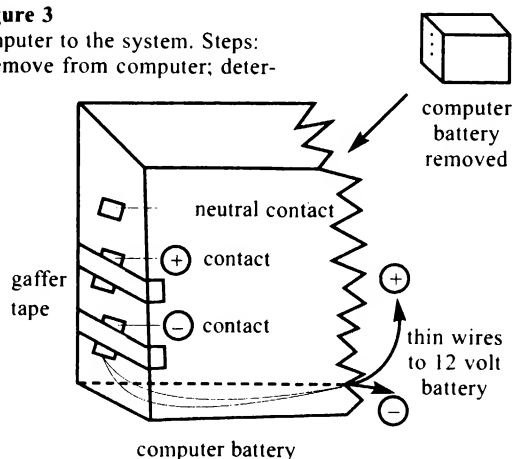


Circuit for recharging four 1.25 volt batteries. For two batteries, try putting a 3 volt bulb in the circuit.

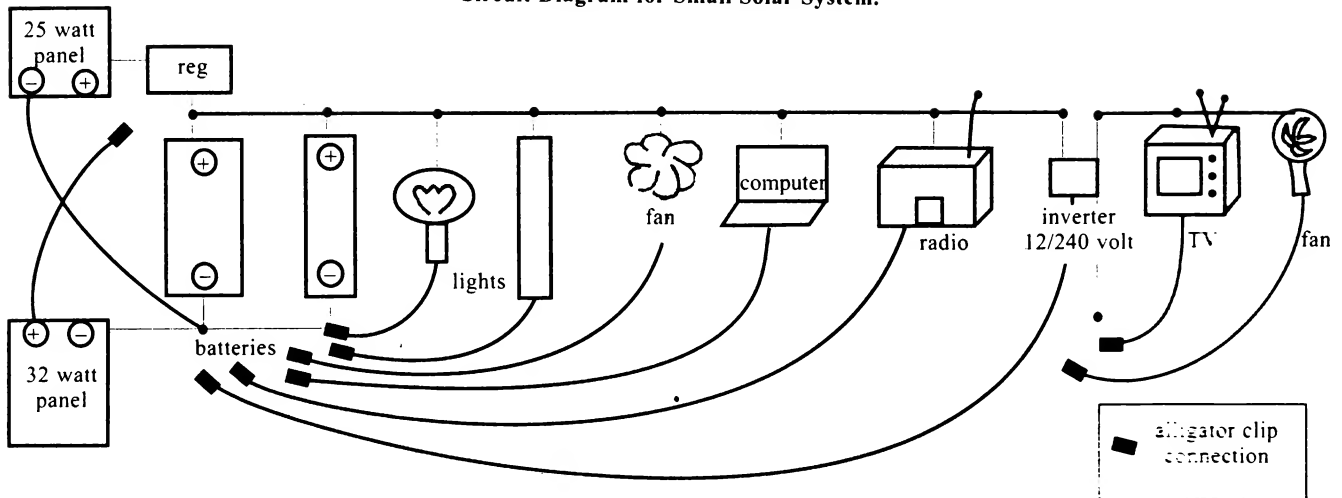
**Figure 3**

Connecting a laptop computer to the system. Steps:

- Open battery port and remove from computer; determine polarity (using multimeter) of metal contacts.
- Connect thin wires from system to computer battery (+ to +, - to -) with tape, leaving a small 'scroll' of thin wire outside tape (to contact computer ports).
- Carefully slide battery back in to computer, secure thin wires with tape (to prevent dislodgement).



**Figure 4**  
**Circuit Diagram for Small Solar System.**



Other low-voltage loads can be connected in series to vary the recharging voltage, depending on how many batteries need renewal.

Much has been written about voltage losses due to incorrect wiring with 12 volt systems. This system is confined to the roof and inside of a caravan and suffers no noticeable losses. Wiring was salvaged from discarded computers and 240 volt white goods. All connections were made with gaffer tape and alligator clips (which act like on/off switches). Most appliances now have diodes (which restrict current flow to one direction) in the wiring. One momentary lapse of concentration, a much-used cassette player connected the wrong way, and zap – a puff of smoke indicated meltdown.

Appliances that normally use eight 1.5 volt batteries are ideal for this system; just remove the battery cover and connect the system to the appropriate

portals. A laptop computer is directly connected to the system via the computer's battery (figure 3). A 40 watt car light bulb provides a source of transmitted light for a microscope – the understage bulb is cooled by a 12 volt fan (salvaged from a discarded computer). A 12/240 volt, 200 watt inverter is also used (to power a UHF/VHF TV and an upright fan), but is a big drain on electricity and is preferably only used in bright sunshine. This system is not 'big' enough for heavy-demand appliances, including power tools, heaters, washing machines and fast computers. But it could be built up with extra batteries and a larger inverter (figure 4).

The set-up costs (February 1997) were:

104 Ah battery (2, new)	\$280
25 watt panel (demonstration)	\$250
32 watt panel (second-hand)	\$250
multimeter (new)	\$ 20

total

\$800

Diodes and packs of alligator clips (don't forget to get both red and black) cost about \$2 each. Appliances can be salvaged from cars or bought in op shops (commercial suppliers sell items such as 12 volt overhead fans, aquarium aerators and video recorders). As digital electronic communications will soon (by 2003?) supersede analogue technology, it would be unwise to buy new video TV radio equipment today.

The system has been left alone for three months with no ill effects, although the manufacturer's recommendation was to disconnect the 25 watt panel after three weeks. Falling branches present something of a threat, but the location is protected from storms. On the other hand, as nearby camphor trees mature, someone is going to have to get to work with an axe, or the caravan will be in permanent shade.

Solar panels  
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# FREE FOOD FOREVER

by Trever J Wilkins, Russell Island, Qld.

Imagine living on an island paradise: breathing fresh, clean air. Living the simple life; with no banks, politicians and real estate agents playing monopoly with your life's savings. Free food just falling from the trees . . . Who has not dreamed of being part of such a happy family living in a land free of aerial spraying and crop dusting; surrounded by a jungle of fruit, grain and vegetables growing wild and free like weeds, as Mother Nature intended, fresh, tasty, nutritious and completely self-sown. A land far away, free of multinational food-chain supermarkets, giant seed/fertiliser cartels, and monster fast-food outlets feeding us genetically engineered 'Frankenstein foods'.

Get real; I hear you say. This is the once-upon-a-time stuff that fairy tales are made of.

Well it took me half a lifetime, but I did eventually find such a paradise: in the Redlands Shire of south-east Queensland, famous in yesteryears for its horticultural history, rich red volcanic soil and its strawberry festival. Unfortunately, this area now grows more houses and roundabouts than strawberries. However, just across the water lies Russell Island; only 60 minutes from the Brisbane CBD, quiet, unspoiled, uncrowded, unpolluted, yet with some of the most fertile land in Australia. This hilly time-warp island was the fruit bowl of Brisbane long before the advent of the motor car, and, even up until after World War 11, had its own pineapple factory and picture theatre.

I wrote about it all in GR124, Dec/Jan 98, and since then I have been experimenting with this free style of gardening. It's free because once it's up and running it is self-sowing and costs you nothing: free seeds, fertiliser, free plant supports. This is no laughing matter. You don't have to be a mathematician or a business consultant to figure out that most (normal style) home-grown vegetables end up far more expensive than those bought at the local supermarket greengrocery. Just calculate the cost of fertiliser, compost, seeds, chemical sprays, dusts, stakes, trellis materials, tools, etc. And



Above: A cornucopia of self-sown produce in the free garden.

Below: The chickens enjoy the beautiful greens that carpet their floor each day.



that's excluding labour. Which I hear you say, for you is a 'labour of love'. Personally, I hate 'gardening'; having grown up on a market garden. I want a garden that gardens itself. I've got other things to do.

The relatively new 'living trellis/food jungle' concept particularly interests me as a possible antidote to

the big business take-over of the seed market. My grandfather, was a successful and hard-working farmer and market gardener. He taught me at an early age that a sure sign of good productive soil was healthy stands of the dreaded weed lantana. 'The bigger the lantana, the bigger the lettuce!' Lantana was originally discovered in Jamaica in the



17th century. It was first introduced here from England, where it is today still an attractive dwarf hedge plant. It soon naturalised into the Australian bush and became a giant – and a giant pest where it reigns supreme, impervious to biological and chemical attack. Today, instead of battling lantana with mattock, brush-hook and fire, I just prune it back a little and use it as a support for tomatoes, cucumber vines, choccos, climbing beans and peas. It makes a wonderful windbreak and the humus-rich soil beneath doubles as a ready-made seedbed. Long before you could buy compost in plastic bags my farming forebears used to collect their compost for free from beneath lantana bushes. The top layer of soil also contains millions of healthy worms and their eggs, another free bonus.

Many trees and bushes prevent vines from smothering them by secreting chemicals that poison the ground about their roots and you never find vines crowding lantana in the wild, so I prune the normally half-sphere shaped bush into a quarter-sphere with the diagonal cut facing east/west. Where I live the wind is mainly southerly, so by doing the above I achieve protected garden beds catching maximum sun (mostly filtered through higher trees).

I have found that because lantana drops its leaves in winter it is perfect to support cold weather climbers such as snow peas, and in summer it shades lettuce and cabbage, preventing them from bolting to seed-heads. I never cut the stems of such vegetables, but simply peel the outside leaves away from the central stem. These plants will live on forever, their long gangly stems and their multi-heads give them a spooky 'Day of The Triffids' appearance. In springtime these extra stems which grow broccoli-like from last year's side shoots are covered with hair-like aerial roots that strike easily in lantana mulch: new plants from old.

This plant recycling method also works well with hydroponic vegetables. Asian greengrocers are a good source of such mature rooted plants – more likely than not grown from unaltered heritage seed plants. When they eventually bolt, the wind blows the seeds hither and yon, and hooray, a lawn full of strong hardy seedlings appear. A good excuse to postpone the mowing.

A common thing these days is to cut

the roots from onions and shallots and replant them in this way. And don't forget pineapple tops – I have about one thousand of them growing in the jungle which is my garden. After two years, every year thereafter, their number doubles. It's a wonder it hasn't been made illegal.

In frost-free areas you can keep pumpkins and other vines growing forever by simply snipping 300 millimetre tips from new runners and planting them in moist mulch and half-shade. A branch broken from a leafy bush will provide temporary shelter and this pruning of the mother plant increases fruit set. Do this during rainy weather and about mid-afternoon to get your cuttings off to a good start.

I first got the idea of using rambling weeds and native trees as a living trellis from my eldest son Robert who is now the proud owner of a horticulture degree. He suggested that I use wattle trees to support my passionfruit vines. Never have I seen such prolific crops and huge, sweet fruit – no doubt benefiting from the natural fertiliser being released from the nitrogen nodules on the trees' legume roots. If only the smaller lantana bush was a legume then it would be the absolutely perfect living, fertilising weed trellis.

It is suicidal to climb the brittle branches of a 10 metre wattle tree just to pick a basket of snow peas, grapes or cucumbers, so I have trialled such plantings on the shorter and more easily managed and faster growing commercial tree lucerne plants with encouraging results. These nitrogen-fixing plants, easily grown from seeds, are normally used as fodder trees for livestock and can be woven into a wicker-type thicket fence/trellis as they grow.

My best success to date with this system has been with Poor Man's beans (thanks very much to the fellow GR reader who sent us our original seeds).

I've learnt not to plant all my seeds in one garden and to plant more than enough for the birds, the bandicoots, my guests and myself. Plants and insects grow in cycles timed to Mother Nature's seasonal calendar clock. If you study these cycles you will soon know when it's your turn for a feed.

My cape gooseberries are eaten and in turn sown far and wide through the droppings of the colourful rosellas that

visit my garden – after, that is, a cycle of grubs that burrow into the green berries have their fill. Then it's my turn for gooseberry jam. Yum!

I love fresh hormone-free eggs and my chickens give my garden all the chemical-free fertiliser it needs for zero cost. As well, the floor of their pen is my self-sowing seed bank – a very important part of my free gardening system. When my vegetables go to seed I feed the whole plants to my chooks, also they get to eat all surplus tomatoes, passionfruit, capsicums, melons, pawpaws, as well as kitchen scraps. I also feed them copious amounts of succulent weeds that I pick just before their seeding stage.

Among my chickens' favourite greens are young banana leaves and fruit-laden chilli plants that grow everywhere like weeds. Never will these very healthy chickens need worming, as I am sure no parasites could ever survive their digestive systems. Course sand, grass clippings, crushed shells, seaweed, and rock dust are also thrown onto their earthen floor.

No hormone-laced pellets for these lucky chooks; they eat organic corn and soybeans, millet, wheat, sorghum and brown rice. I grind this exact same seed mix in my hand-flourmill. The delicious eggs it produces, as well as the resulting flour, end up in my bread, biscuits and fruit cakes. What they cannot consume becomes compost mixed thoroughly with seasoned chicken manure – absolutely packed with fresh, viable seeds, which I then spread around my garden as mulch.

You can well imagine what happens after rain, instead of weed seeds sprouting forth I have literally thousands of vegetable, fruit, and grain seedlings growing wild. Try this Mother Nature friendly system of gardening and I guarantee you will have free food forever.



Poor Man's beans grow well up tagasaste

# DRIFTWOOD CRAFT

by Jose Robinson, Wild Cattle Island, Qld.



The first and most obvious source of driftwood is the beach. However, even those who live nowhere near the ocean can often find some beautiful naturally weathered wood in the bush or the mountains, or around creeks. The best time to look for interesting pieces of weathered wood is right after a storm. If it is the beach, often bleached pieces of interesting driftwood, silvered by salt water and sun, could wash up. Perhaps pieces tossed around distant oceans for decades could have just arrived on the beach you are searching.

If it is the bush you are exploring, that storm could have torn curiously shaped twisted and gnarled pieces from old giant trees. Even stray root sections scattered about the ground often have just that unusual characteristic you might be looking for.

The desert too, frequently turns up graceful pieces of weathered wood, sometimes sandblasted by nature. Often desert wood is harder and sturdier than that found elsewhere.

Always collect more than you need because when you get the pieces home

you'll need a choice of shapes. Maybe you can combine two or three together to make an unusual sculptural piece.

I almost never come home from a beach or bush walk without something I can find a use for. Living as I do, right on an ocean beach, I can be rather choosy, because there is always tomorrow to look again. My hunting ground is ten kilometres of blue Pacific-washed, white sandy beach, as well as countless kilometres of coastal mangrove creeks. I always find plenty of workable materials, from wonderful shapes of silvery grey driftwood to pieces of beautifully grained deck-timbers from long-gone wrecked ships. All these things I find uses for.

When looking for driftwood, you must first 'get your eye in'. Initially, you may only see bent and broken pieces of wooden rubbish. Later, you will envisage different forms. When I find an exquisite piece of driftwood, my enthusiasm and excitement know no bounds. Some specimens never live up to your idea or perception when they dry out, so you need a fair assortment of straight, curved, and flat-bot-

tommed chunks in various sizes.

## SOME USES

To be enthused enough to look for driftwood in the first instance, usually means one of several things. It may be that you simply have an eye for the unusual and beautiful. It could mean you are looking for a piece of natural wood to incorporate in your terrarium, on your patio, among the plants in a rockery, or whatever. It may mean that you are an avid collector of anything and everything. Then again, it could mean you are a weaver, as I am, who likes to collect fascinating pieces of weathered wood and turn them into unusual looms for weaving with a natural approach. Also, being a basket-artist, I'm always on the lookout for small and interesting pieces of nature's cast-offs to use as handles, knobs, trims, or pieces to incorporate into a woven basket.

## CLEANING

Whatever you have in mind for your found *object d'art*, the first and foremost job is cleaning up your find. One

of the obvious advantages of beach driftwood is that it is usually naturally sandblasted and waterworn smooth, and just needs a bit of a scrub. This can be done initially in the salt water, followed later by a rinse in fresh water, or a hose down, to extract those minute grains of sand or tiny pieces of shell ingrained into crevices.

For those pieces found in the bush or on creek banks, it will probably be necessary to use a stiff brush and plenty of water and elbow grease to remove mud and decaying vegetable matter. A knife might be needed to dig out any rotten pieces. It could be advantageous to trim off any unnecessary branches or sections. This will be entirely up to yourself. Frequently, after an intense scrub-up, you might find the beautiful silvery patina has been washed away. To restore it just let it sit in the sun for a few weeks and douse it with water occasionally.

### FINISHING TOUCHES

Of course, there are finishing touches you can make, depending on your taste and the look you are trying to achieve. To bring out the grain of the wood, sanding is advisable. If you wish to add a sheen, you can wax the piece with a liquid wax, buffing with a soft cloth afterwards. You can always stain the wood with a natural wood stain, but try not to take away the intrinsic earthiness of the piece.

### FURTHER USES

Texture and irregularity of weathered wood make it an ideal natural canvas for a variety of art techniques. Weather-beaten planks make a wonderful background for reliefs. They can be used to display dried and pressed flowers, seaweed and tiny shells.

Pyrography, the art of burning designs into wood, is another idea. The old sailors' art of scrimshaw, etching on shells, can also be applied to some smooth weathered woods.

Some more delicate pieces can be made into pendants or mobiles. Interesting holes in wood that are the result of termite activity (termites long gone) can be turned into natural sculptures or assemblages.

Some people may be purists as regards altering shapes, cutting pieces off, or adding to. So long as a natural look is the result, it is a matter of personal choice.

### MAKING A DRIFTWOOD LOOM

If you are interested in making a weaving loom from driftwood, it is quite simple and the results can be fantastic. It can become quite a conversation piece hanging on your wall.

First you must decide what shape you want your loom. This depends on the pieces of driftwood you have available. You can experiment with a triangle, a hexagon, or a simple square or rectangle. To join the pieces, the ends need to overlap sufficiently to be strong. Then they can be nailed or screwed together. If nailing, be sure to drill the holes first to prevent the wood splitting.

### WARPING THE LOOM

After constructing the loom, you are ready to warp it. Warping means attaching or winding the yarn in the upright position to form the basis of weaving. You can use strong knitting wool, rug wool, linen, or cotton thread. Linen makes the best warp as there is no stretch and it is very strong. However, if you are going to experiment with a one-only driftwood wall hanging, wool is good enough. You can use up all those leftover scraps of wool that have been cluttering up your cupboards.

For each warp thread, cut a length of wool five times the distance from top to bottom of your frame. This measurement allows for the knots at the top and bottom, plus a fringe at the base. This method allows for four

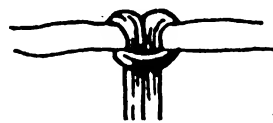
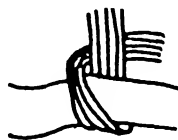


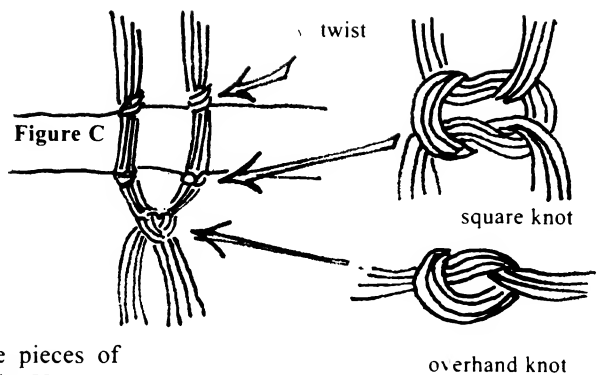
Figure A

warps at a time. Fold the wool in halves and make a lark's-head knot on the top bar of the loom at the left-hand end (see figure A). Pull very tight, then bring the four threads around the back

Figure B



of the bottom frame and up and over the front. Wrap all four cords around the warp (see figure B). Now take two



cords of the four over the front of the loom and two over the back. Tie a square knot at the bottom. Repeat with another four warps. This time tie the two groups of warps together at the bottom with an overhand knot (see figure C). Continue until the frame is covered. The distance between the warps will determine the strength and tightness of the weaving.

Now the warp threads are completed, you are ready to begin weaving. The weaving threads are called the weft. The weft threads go from side to side and form the fabric of the weaving. Begin at the base and work upwards. Use colours and designs of your choice, or weave a simple pattern of wide and narrow stripes. A large blunt-point needle will make your weaving project move faster, but, if you have no needle available, your fingers will do the job. A makeshift needle can be made by cutting a piece of wire coathanger about 15 centimetres long, filing one end smooth and hammering the other end looped over to form an eye.

As you weave in and out with the needle across the warp threads, it is necessary, after each row, to pack the rows tightly together. This can be done by using a wide-toothed comb, or even a kitchen fork will suffice. This step is known as beating. The plain under and over weave is called tabby weaving. There are many variations of this, so it's up to you to experiment.

The fringing at the base of the weaving can be trimmed off even, or left as shaggy as you wish.

When using a driftwood loom or frame, the loom becomes part of the design, rather than removing the weaving from the loom as would normally be done with a conventional frame. Small pieces of driftwood may be woven in with the yarn to add exciting textural contrasts.



# WELL, HELLO COUNTRY BUMPKIN

by Susan Garner, North Maclean, Qld.

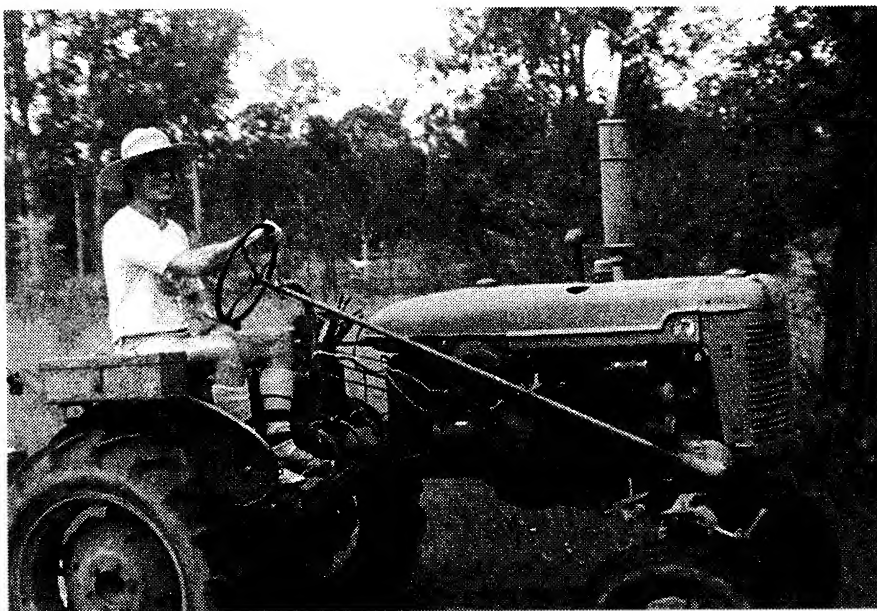
Just arrived on your little piece of paradise? Maybe this is to be the long-awaited hobby farm, a return to nature, or even the total GR self-sufficiency dream. Years of saving and searching are finally over. Now you have the promised peace and quiet, the prolific wildlife and birds, and can rightly call yourself a brand new bushie. The neighbourly thing to do then is to pass along some useful hints and tips to (hopefully) help you make the transition from golf and glitz to galahs and gumboots.

The first things you are likely to encounter are the delightfully dippy comments from your still-in-the-city friends. After you've given them a mudmap of your new address you could be met with: 'Only twenty minutes out of town? Yeah, right; by phone.' Or, 'Heck, I wouldn't go that far on my holidays'. Truth is, you won't care. They're probably only green with envy anyway.

Along with the wildlife and birds mentioned earlier, comes a dazzling array of insects: bugs, grubs, flying, biting, crawling, chewing and buzzing. You'd do well to expect the lot and there are millions of them. Now, if you chance to be an entomologist, and actually like insects, enjoy their mating habits and noises, respect their disposition and food preferences, then you'll be in your element. If not, simply read up on natural repellents, have the house well gauzed, and plan for earlier barbecues, else your visitors will become the buffet.

You'll wistfully remember, from before your move to the bush, summer hours spent hosing the garden, gleefully sharing the spray with your burning feet and legs. Gone is the town water supply, now you are totally dependent on your rainwater tank. Never again will you take water for granted. Suddenly those dripping taps and worn washers demand instant attention. It's a good idea to ensure that all your water-using appliances are water efficient. Try, if you can, to use a front-loading washing machine and always set it to the minimum possible water level for the size of wash you're doing.

Another useful tip is to install a dual-



Even antique tractors can be useful.

flush toilet cistern. You can use your own discretion on informing family and visitors when to flush and when not to. When showering, remember that the average shower rose will produce approximately 20 litres of water per minute. Consider installing a water-wise rose and your usage may drop as low as nine litres. Check out some aerating taps too; they'll help by up to fifty percent.

When hair washing, particularly long hair; do it over the laundry tub instead of in the shower. Keep the plug in; you'll find the sudsy water useful for a multitude of things from soaking the gardening overalls to cleaning the budgie's cage, mopping the kitchen floor, and even washing the dogs' food bowls. The Blue Heeler around here is always too hungry to notice the slight Palmolive persuasion.

Regarding the water from your sullage tank, which is all discarded domestic water (with the exception of sewerage, of course), the good news is that your garden and lawns will love it and really thrive. But, take heed. Don't be tempted to empty the sullage tank prior to that afore-mentioned barbecue. Your

visitors will definitely not appreciate the rural odour, and your culinary skills will go completely unnoticed.

Still on the subject of water. Take a peek out your kitchen window. Your new view is downright breathtaking, so why would you need a dishwasher? Slow down, don't be in such a rush, and take as a bonus the savings on your electricity bill.

If you happen to have young or school-age children, you'll save yourself a lot of headaches if you form friendships with other young families in the area. Bearing in mind that you are twenty minutes (by phone) out of town, your new address could become your worst nightmare when Saturday arrives. Five year-old Jodie has ballet at 4pm, Michael needs to go to soccer practice at 6pm, and teenage Jennifer wants to be dropped off at the disco by 8pm. So, play it smart, make some good friends and organise a drop-off, pick-up pool.

Having a ride-on mower is sensible, as is getting a horse or a cow. Not a whole menagerie, mind you, just the odd one or two. Besides helping to keep the grass down, which, in turn



Taking a break from unpacking to boil the billy on an open fire.

lessens both fire and snake hazards, you'll receive heaps of excellent free fertiliser. Visitors will be thrilled to have a ride, or pat the beast, and it definitely adds a certain panache to your country atmosphere.

Even if you don't have a dog, put a 'Beware of the Dog' sign on your front gate. Unwelcome callers will be unsure as to the whereabouts of the snarling canine and may assume it's lying in wait or sleeping at the rear of the house. If you do have one, and it chances to be an exceptionally friendly one, don't despair, the result will be the same: believe the sign, or the wagging tail? Only Richard the Lionheart would risk it, and it's believed he passed away quite some time ago.

There are less obvious advantages of going bush too. You receive less junk mail, few door-to-door salespeople (if any), and of course you'll never again have your sleep interrupted by those confounded council street sweepers. Instead, you'll get two thousand birds, heralding loudly and arriving promptly at the first sign of sun-up. True, fifteen kookaburras in the tree outside your bedroom window will be considerably louder than the street sweeper, but isn't waking to the sounds of laughter preferable?

Well, the day is drawing to a close:

the sun slowly setting. Just as well too, because you're probably totally whacked. With a little help from a kindly neighbor you may have fixed the pump for the dam, spent four hours on the mower, de-fleaded the dogs and mucked out the horse stable.

So, close the gates, pick up a good book, reach for the repellent and relax. Have a good rest because most likely you'll need it. Remember the grease trap has to be cleaned and someone has to do battle with that pesky brown snake (the chief suspect for the sudden decline in your fresh egg supply). The galahs and gumboots can wait till morning.

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## COMFREY OINTMENT

7½ cm of fresh comfrey root  
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1 tbs yarrow  
50 g anhydrous lanolin  
2 tbs wheat-germ oil  
10 drops rosemary oil

Melt the lanolin in a double boiler, the direct container to be of stainless steel or china. Add chopped up comfrey root, valerian root, yarrow and some oil if necessary. Leave water simmering for the whole time then add the oils. Strain and beat with a fork. Bottle and label. Use for strains, bruises, itches, sores, skin cancers, aching joints or any other stiffness caused by injury.

Keeps skin soft and pliable.

L Perkins



## ASTHMA

It is believed that some instances of asthma are related to the suppression or absence of respiratory infections due to vaccinations and antibiotics, rather than pollution, as commonly thought.



## LUNGS AND DIET

A study of 3000 men from Finland, the Netherlands and Italy found that those who ate a lot of fruit and vegetables had higher lung capacity, whether or not they were physically active or drank alcohol. Eating bread also significantly improved lung function while smoking significantly reduced it.

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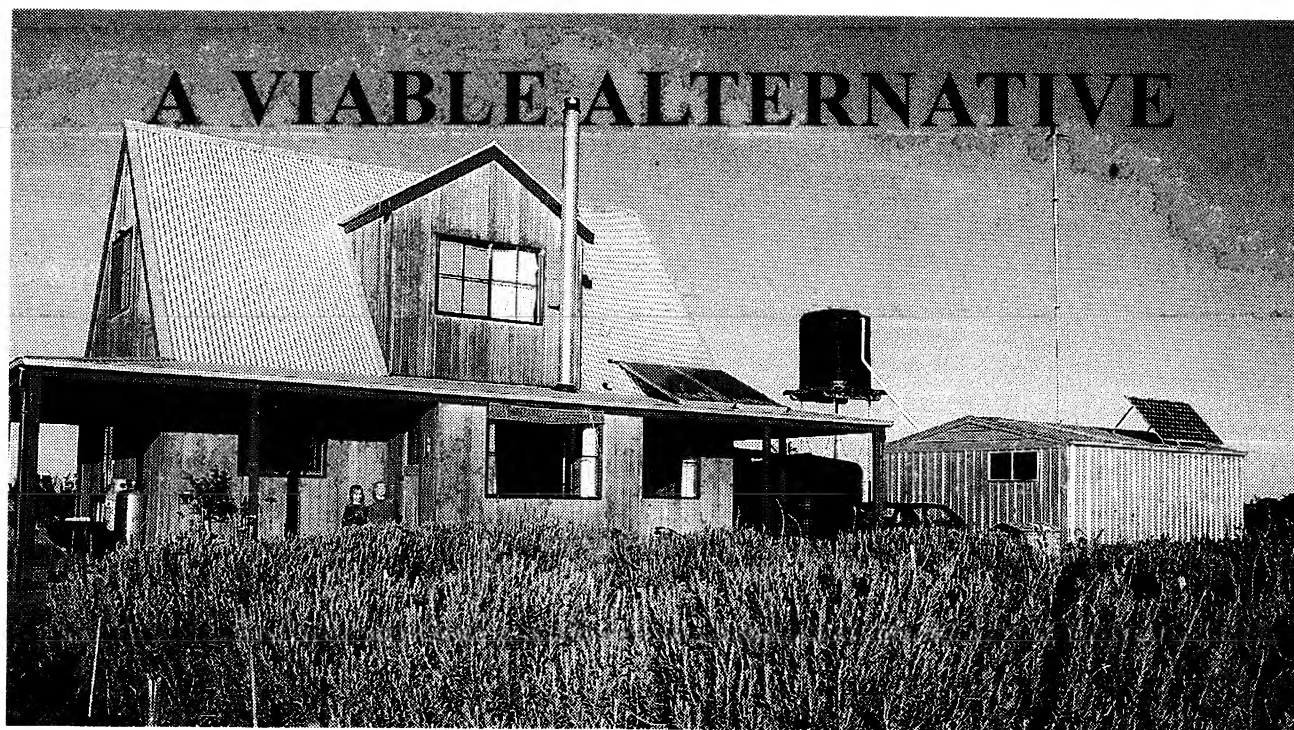
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## RENEWABLE ENERGY FOR THE HOME

by Dianne Davis, Kirkstall, Vic.

It was in early 1996 that my family and I discovered a small acreage block being offered for sale. The property was an unserviced and undeveloped horse paddock of about 1.7 acres, going for a relatively bargain price, not because it was an undesirable location, but mostly because prospective buyers had been discouraged by estimates in excess of \$20,000 to connect to the power grid. However, this was not a barrier to us.

This was exactly the type of property we had been searching for to fulfill our goal of developing a site as an example of temperate permaculture in our region, one that would also include the use of renewable energy systems for our new home. The next step towards developing a renewable energy system for our home power was to consult with an experienced system designer. We selected the company, Renewable Resources Workshop, based at Colac in western Victoria, to design and install a system to our requirements.

Our lifestyle of low energy consumption, combined with a relatively energy efficient house design, meant that we would not need a large power system.

We commenced by identifying the energy consumption of all our electrical appliances and charting our patterns of use in hours per day. After completing this task it was calculated that the optimum design for our needs would have eight solar panels, however, due to budget constraints, we decided to start with four 83 watt solar panels and build the system up in stages, as funds allowed. The system also provides for backup charging of the battery bank by a 6.25 KVA petrol-powered generator and a battery charger, if required. A hybrid system such as this gives multiple sources of charge in emergency situations, so power is always available. The system uses a 24 volt DC battery bank through an inverter to become normal household 240 volt AC power, for all regular home appliances.

Our system supplies power for TV, computer equipment, and automatic washing machine. We don't see the need for a microwave oven, dishwasher or clothes dryer; these appliances are not essential to our simplified way of living, and would waste too much energy from our power system anyhow. A low

wattage steam iron, electric toaster and small upright vacuum cleaner, are all used regularly and, with timber floors, this is quite adequate.

We have found the system generally supplies ample power, especially in the summer months. However, to minimise the use of the petrol backup generator during dull winter periods, we decided to expand the system by adding a wind turbine instead of more solar panels.

An Air 303 modular wind turbine was chosen for our situation to take advantage of our exposure to frequent coastal winds. This has proven to be a good decision, as the turbine fills in some of the power charging gap on dull days whenever the wind blows, and has the added advantage of charging at night during peak use periods, when the solar system has shut down, thus increasing our self-reliance and reducing dependence on the petrol generator.

I must say we used to hate the constant winds common to this area, but now we have turned them into a valuable resource. We would still look at adding the additional two to four solar panels at some future stage, to cut the

use of the generator to minimum levels, or emergency backup use only, as it was originally intended.

We decided on a gas refrigerator and cooktop for the kitchen, which are very economical to run. Our supply is bottled gas only here, one bottle lasting around two months.

A slow combustion Nectre Baker's Oven wood heater is used for heating the home and for cooking or baking whenever in use. I must add, it bakes a delicious chocolate cake too! The Nectre also assists the Beasley solar hot water system by heating water throughout the cooler part of the year, so it's a very versatile, multifunctional part of our renewable energy home. Much of the firewood used to date has been collected from old fallen trees from my parents' farm, and we have planted a woodlot of mixed native trees for future use as part of our permaculture design. If carefully supplied and managed in this way, wood is a renewable resource that can provide many other benefits.

Living with renewable energy systems is compatible with a thoughtful approach to energy consumption, and takes more commitment than just paying your quarterly energy bills, but it's a very satisfying way to live. We often get a little chuckle when, after explaining to visitors how it all works, they consistently say: 'So you don't have power, hey'. The power system takes just a few minutes each day to monitor and no special effort or skills once you have a basic understanding of how it works.

However, renewable energy systems are better suited to people who are committed to being low energy consumers, as developing a system to suit a high energy consumption lifestyle would really achieve nothing and be a very costly exercise at the same time. What we have done is within reach of most people.

Our renewable energy system has cost us less than the power company connecting us to the grid, and there are no ongoing power bills on top of that; they're one thing we don't miss. But much more than that is the satisfaction of being more self-reliant, and the level of responsibility achieved for the way we consume and generate our energy needs. We are now more in touch with nature, by utilising wonderful, clean, renewable energy from the sun and wind.

# FRESH SPROUTED WHEAT

by Colin Turton, Newstead, Vic.

The following method of sprouting wheat method is one that I find quite easy. Use only clean, untreated, high-quality wheat. The only equipment you will need is a glass container with a metal screw-top lid (such as an instant coffee jar). You will need a lot of holes punched in it – say with the point of a seven-centimetre nail – punched from the inside. This is to act as a strainer when rinsing the wheat. Or you could also use pantyhose held firmly over the top of the jar with a Fowlers rubber ring. Experiment first with, say, half a cup of wheat, but don't use a small jar! Soaked wheat will double its volume in less than 24 hours. It also needs plenty of room for adequate drainage and air circulation.

Put wheat in jar and nearly fill with room temperature, unchlorinated water. Then put on a strainer (lid or pantyhose). Rinse thoroughly two or three times. Then refill with water and allow to soak for 24 hours. Leave the jar to stand in a prominent spot in the kitchen – where it will be seen and therefore not forgotten!

After the 24-hour soak, by which time it will have doubled in bulk; drain and rinse twice (room temperature water). Then leave jar upside down so as to drain all the water off. Place it over a saucer or something similar so

that it can keep draining. Now place your jar of swollen wheat in a warm, dark place. In a cupboard or under a brown paper bag on a sunny window ledge is fine. An ideal temperature would be 25 to 30°C.

Rinse every 12 hours and return (upside down) to a warm dark spot until the sprout is the same length as the grain. The temperature is largely what determines the number of 12-hourly rinses – usually three or four.

Apparently, sprouted grains are at their peak nutritional value when the sprout is the same length as the grain. They may be kept at this stage in a refrigerator, but for no longer than a week.

If your wheat is allowed to stand with water around it longer than its initial 24-hour soak, it will sour. A couple of sour grains will rapidly turn it all sour and it will smell and taste ghastly. This is why the rinsing and draining is so important.

For your nourishing breakfast, simply add a good tablespoon of your sprouted wheat to about the same amount of soaked raisins, half a grated apple, perhaps some nuts or sesame seeds, and cover with fresh milk or homemade yoghurt.

Sprouted grain has a great number of uses: put some in salads, add to bread – as is or pureed – casseroles, meat loaf etc.

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# FLOOR AND FURNITURE CARE

by Joy Ensor & John Elliott.

As we've recently had numerous enquiries from readers about ways of making up floor and furniture polishes, we thought it timely to reproduce an article about this very issue that originally appeared in *Living Better for Less*, now out of print. The original LBFL article by Joy Ensor should answer most queries, and we have also included some helpful new information from John Elliott of Box Hill North on the subject.

The following recipes and hints are from Joy's great-grandmother's CWA cookbook and have been keeping precious woodwork in beautiful condition for generations. The old imperial measurements have been converted approximately.

## POLISH RECIPES

### Floor Polish No 1

- 250 g beeswax
- ½ cake Castille soap
- 2 cups boiling water
- 250 g white wax
- ½ a candle
- 2 cups turpentine

Shave the soap and melt it in the boiling water. Shave all other ingredients into the turpentine and mix all together to the consistency of cream.

### Floor Polish No 2

- 125 g beeswax
- 300 ml turpentine
- 300 ml cold water
- 5 tbsp ammonia

Melt beeswax in the water by placing both in a tin and standing in a pan of boiling water over the fire. Allow to melt gradually. Take off the heat and add the turpentine. Stir well, then add the ammonia.

### Furniture Polish

- 250 g beeswax
- 1 standard bottle turpentine
- 1.8 lt water
- 30 g carbonate potash

Boil the wax in the water for 10 minutes. Take off the heat and pour in the turpentine and the potash. Stir till quite cold.

### Miroglos Cream

- 60 g beeswax

- 30 g Castille soap
- 60 g candle or white wax
- 600 ml turpentine
- 600 ml boiling water

Grate the wax, candle and soap and pour on the turpentine. Leave overnight and in the morning add the boiling water. Stir till it turns white and thickens, then pour into bottles. An excellent polish for furniture and also for patent leather shoes and is much cheaper than any polish you can buy.

## HELPFUL HINTS

- A good mop for polishing floors can be made with an old hair broom covered with sheep skin nailed on at the top.

- When washing linoleum, add to the water any leftover cold boiled starch. It makes the linoleum shine.

- The juice of a ripe tomato will remove ink stains from furniture.

- White of egg will give new life to old leather furniture. First rub some Vaseline into the leather and, when well rubbed in and dry, rub with white of egg. This treatment is very useful for saddles, harness etc. Rub until a good polish is obtained.

- Keep your mop oil in a fly spray pump and spray the floor, then polish with the mop. The oil goes twice as far and the work is much lighter.

### Mop Oil

- 210 ml linseed oil
- 15 g camphor
- 45 ml turpentine
- 30 ml kerosene

Dissolve camphor in kerosene and put all into a bottle and shake well.

## AND A FEW MORE . . .

### Liquid Furniture Polish

This is an excellent reviver and cleaner for furniture.

- 300 ml linseed oil
- 300 ml turpentine
- 150 ml methylated spirit
- 150 ml vinegar

Mix all ingredients together and shake well before use. Apply sparingly.

John Elliot recommends not waxing furniture that is French polished, varnished or polyurethaned. Wax only traps dust that eventually dulls the surface. A clean soft cloth or feather duster is usually the only maintenance required. However, the following recipe calls for a hard wax that can be used either to put down a wax surface or on the top of a polished surface. Carnauba wax is a natural product harvested from Brazilian palm trees. It is the hardest known wax and is commonly used in car and furniture polishes. It is usually available from essential oil suppliers.

### Wax Finish

- 1 part carnauba wax
- 1 part paraffin wax
- 1 part beeswax
- ½ part pure turpentine
- ½ part linseed oil (raw or boiled)
- ¼ part canola or poppy oil

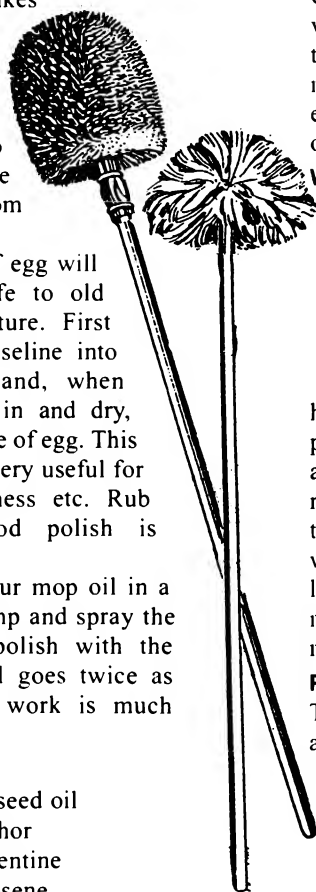
Melt waxes and blend. Take off heat. Add linseed oil and combine. Add pure turpentine and combine. Finally, add oil and combine. If a dark wax is required, add black stain before mixture cools. More canola or poppy oil will soften the wax. Leave to stand at least overnight. Lavender or other aromatic essences can be added before the mixture cools.

### Polish Reviver

This is a better alternative to waxing and polishing.

- 1 egg cup methylated spirits
- 1 egg cup raw linseed oil
- 1 egg cup vinegar
- 1 tsp mustard

Combine ingredients. Apply with a soft cotton cloth and rub off with a clean cloth. Will remove most surface gunk and leave a clean shiny finish.



# UDDERLY REVOLTING

by Astrid Chapman, York, WA.

Our plan was to purchase a cow, an experienced mother, have her artificially inseminated and, after the birth of her calf, preferably a daughter, milk her for the next nine months. Not a totally wild, unlikely plan, but it was quickly becoming so as I watched the vet, Bruce, drive through the gate. Patch, the cow we had purchased about six weeks before, was sick. Although, looking at her now in a temporary enclosure scoffing lush green weeds, I was beginning to hope, probably irrationally, that I was wrong. I thought, for a moment, she might have miraculously healed in the time between my phoning the vet and his arrival, but no, Patch was ill.

The vet diagnosed mastitis, despite the fact that she had been dry for months. As Bruce milked a huge quantity of revolting goo from the teat, with all around him looking suitably disgusted and my daughter quickly changing her mind about her long-held dream of becoming a vet, my anxiety rose. Of all the creatures in our small household to become sick, Patch was the most expensive to treat, not being eligible for a Medicare rebate. Before beginning the undignified treatment of milking the offending teat dry of all infectious material, Bruce sedated Patch to avoid a kick in the head. Sedation, which sounded like a good idea at the time, isn't without its faults, as the cow, by now rather intoxicated, nearly fell on to the vet. I could picture before me the vet crushed under a com-



atose Patch with the kids and I struggling heroically to save him from an untimely and rather undignified death. Alarm coursed through me as I thought about his worker's compensation coverage and my legal liability.

After Bruce had administered various treatments and headed back to town, body intact, we let Patch sleep off the effects of the drugs and contemplated her future. I had thought Patch would supply me with fresh milk for most of the year, and had dreamt of real homemade, all-natural passionfruit ice cream made with fresh cream and passionfruit direct from the vine. (This was more of a fantasy, as I'd buried at least three vines in unmarked graves.) Yogurt was also on

the menu, and custard made with homegrown eggs, free range with golden yolks. This was a more likely option as our chickens, battery rehabilitated, were laying seven eggs a day and, despite giving eggs away by the dozen to friends and acquaintances and relatives of acquaintances, we still had a surplus.

Now, a few months after Patch's illness, I have come to the slow realisation that while we bought a cow in good faith she wasn't sold to us in good faith and was a lot older and more run-down than we were led to believe. However, rather than get the law involved, I have sought counselling from friends and have turned a negative into a positive. Patch now lives on the property in the role of resident fertiliser. She is lovely to look at, though still rather skinny, and provides rich manure daily for the garden, as well as being a daily reminder that I should be more careful where I place my trust. We survive on shop-bought ice cream and yogurt and now dream of fresh fruit and vegetables grown organically courtesy of Patch's poo.

---

## MANURE USE

Manure for use in the garden is best composted first, either on its own or incorporated in the compost heap, particularly when it's intended for use in the vegie garden. Do not allow nitrogen-rich run-off from a decomposing manure pile to flow into dams or waterways.



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# OPPORTUNITY LOST AND FOUND

by Gwen Leane, Port Augusta, SA.

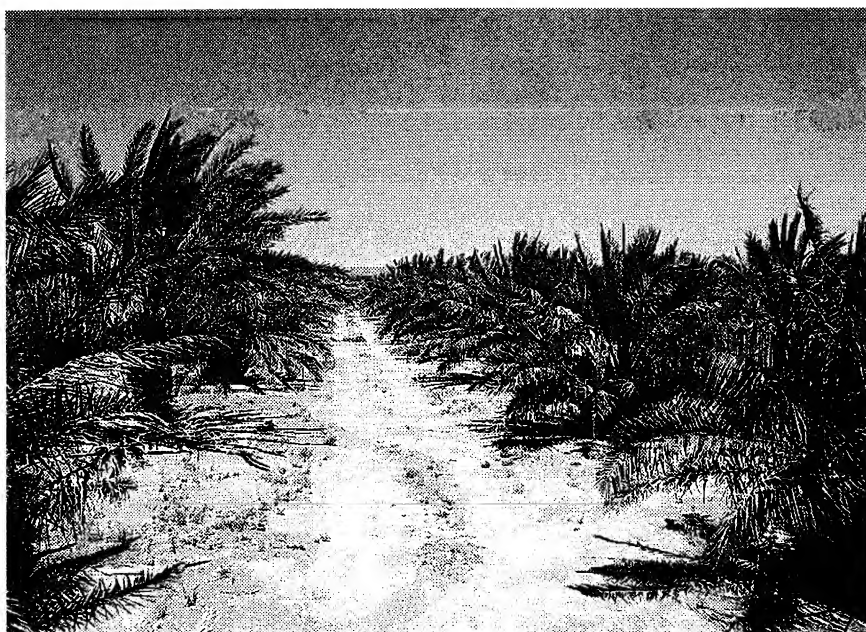
'I saw the opportunity going begging for a hundred years and couldn't resist the challenge to bring the offshoots back into production. I saw the possibility to recover 5000 year old strains of genetic material by planting a grove of palms and perhaps starting a date industry in South Australia, as was intended a century ago,' said Roger Christophersen, as he explained why he chose to research and grow dates at Stirling North, ten kilometres from Port Augusta, South Australia.

Roger believes that date farming is both environmentally friendly and profitable, and, after ten years of research and experimentation, his opportunity is turning into a proven reality. What started as a possibility is now a positive.

'I was involved in recovering the offshoots four years before I found the records of the project at Lake Harry. Finding the records proved to me that I was on the right track,' Roger explained. The records Roger spoke of were found in the Mortlock Library, Adelaide. They were a history of a South Australian Government experimental plantation at Lake Harry, twenty kilometres from Maree and between 800 and 1000 kilometres from Adelaide.

The original plantation was established in about 1889 with offshoots imported from Karachi, a city situated between India and Persia. Two hundred suckers were imported through the efforts of Tagh Mohammed, a leader of the Afghan colony at Maree, or Hergott Springs as it was then known. The palms imported were not only to be a commercial enterprise, it was thought they would soften the inhospitable surrounds of the settlers in the interior of South Australia.

The early groves were irrigated by flooding the area from an artesian bore nearby. The soil content was a mix of saline and gypsum, well drained and considered to be of a good quality in



Date palms: 5000 year old genetic strains rescued and returned to production.

comparison to soil in the Sahara regions used as examples in growing palms. The saline content of the water at Hergott Springs was 1808 parts per million and at Lake Harry 1185 PPM. The palms at Lake Harry had grown in four years as much as palms in the Sahara plantations had in seven years.

With proper care and irrigation, date palms will generally produce fruit in eight years, and from ten years on will maintain peak production for sixty years. The lifespan of a palm is up to 100 years.

The plantation at Lake Harry obtained, over 23 years, results that proved dates could be grown successfully and profitably in the arid interior of South Australia. That there was a profitable opportunity for private enterprise to become involved was clear. However, before the government could announce or advertise the findings World War I broke out, and at the same time a horrendous drought occurred. Sand dunes encroached on the planta-

tion, threatening the trees. With manpower at a minimum, it was decided to close the plantation down. At great expense, the palms were dug up and transported by train to areas where the 5000 year old strain could be preserved until someone with a vision should come along and rescue the project.

A grove was established at Berri on the River Murray, at Quorn, and at other small towns that have since become ghost towns, but are sometimes marked by a few palms. Only four of the original palms are still alive at Berri. At the closing of Lake Harry an opportunity was put on hold.

## CAPTURING THE OPPORTUNITY

One hundred years later, Roger Christophersen picked up the opportunity made by the Lake Harry experiment. Sifting through archives, traveling over the state investigating possible sites of the palms, and at great personal expense, Roger knew he was on to something when he discovered, at

Quorn, groups of all female palms.

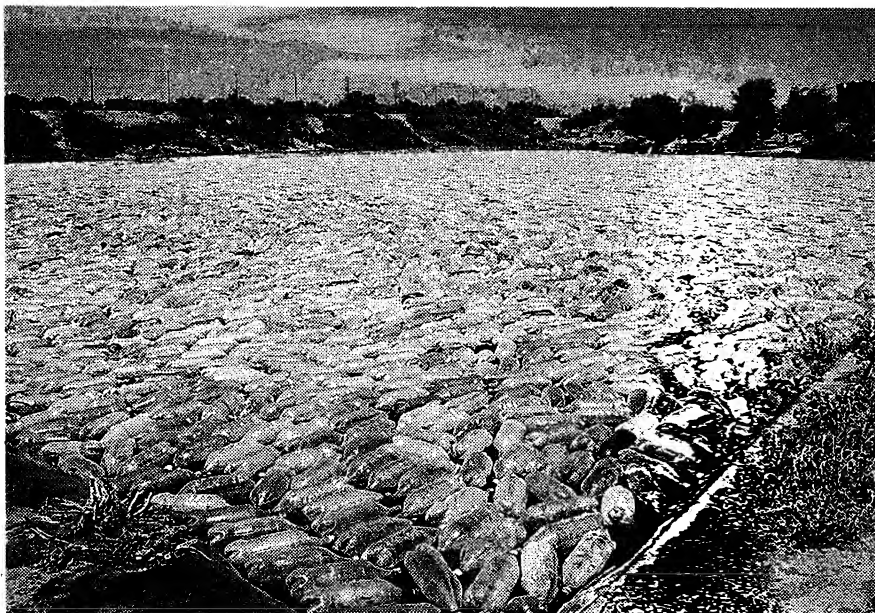
If there had been a percentage of male trees, he would have regarded these trees as coming from seedlings, not offshoots. He believed that, being all female, the trees could be the original stock and therefore a pure strain of genetic material. His surmising proved true; these were a remnant of the Lake Harry plantation. Roger did not want to plant seed because the resulting trees would be unproven, of unknown varieties and perhaps poor bearers. Offshoots are the pure stock of the parent tree and their qualities are predictable.

Having proved his discovery to be the remnants of the Lake Harry plantation, Roger and his associate collected 279 offshoots, establishing two plantations on the outskirts of Stirling North. Offshoots are cut from around the base of the parent tree and must be trimmed off in order for the tree to grow and produce. Date trees are planted ten metres apart, or 80 trees per acre.

Studies indicate that date palms require approximately 2000 – 3000 heat units to ripen the fruit. Roger's experiments show that dates will mature and ripen with 2250 heat units or less. These growing conditions mean that much of the Murray Darling Basin would be suitable for date farming.

To find heat units, temperatures must be taken every day for six months from October to March, or from flowering to ripening. Whatever the figure is above 18 degrees is then added together to find the number of heat units (a day where the temperature is at 25 degrees is seven units).

A delicacy much sought after by Middle Eastern people is the kalahl date. This is not a variety but a stage of



Thousands of soft drink bottles reduce evaporation from the palms' water supply – an ingenious water conservation idea.

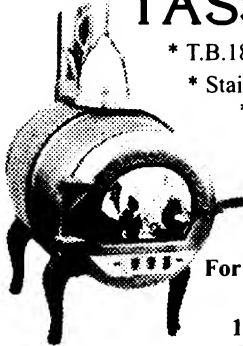
ripening two or three weeks before becoming fully ripe. When the fruit turns bright yellow and crunchy it is picked and processed. Wholesale, this product will sell for \$20 per kilogram. The ripening and harvesting of Australian dates fills a niche between Middle Eastern harvests, a market that is insatiable and, with no competitors, an opportunity just waiting to be picked.

### RECYCLING RESOURCES

In an area where water is at a premium need, Roger tapped into the effluent system from the Stirling North Rail Village. The pond is 50 metres by 28 metres. Evaporation ponds have been designed for sunlight and evaporation and wind to do their job in drying up the waste. Evaporation is about three metres a year, too much for Roger to

allow to escape. He spent many early morning vigils figuring a way to combat evaporation. The idea of recycling 31,000 plastic drink bottles was put into practice. To gain the maximum water conservation, the bottles were half-filled with water so they float half-submerged to give maximum coverage of the pond. These bottles are eternal, they never break down. In ten years time Roger expects the bottles to still provide an effective cover. The weight of the water in the bottles stops them from blowing away and when the wind ceases the bottles float back. Tests have proved that each bottle saves 82 litres of water per year for a total of over 2,500,000 litres in a year. 'Now that is recycling,' says Roger.

To use the bottles in a dam that is filled by rivers or creeks, a way to stop them being washed away by flood or



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*'And when God cried, his tears fell on the neem tree'*



storm would have to be devised. However, in a dry time, the bottles would simply lie on the bottom anchored by the water inside them. Of course, when the rain came and water filled the dam, the bottles would rise and be a cover as they were designed to do. Roger believes that here is an opportunity for someone in the field of plastics to devise 30 centimetre plastic units filled with water to stop them from blowing away, but allowing them to float as a pond or dam cover. It would net a great profit to the creator and conserve water in a nation becoming strapped for water. Such an idea would assist in the problem of recycling a product that doesn't break down.

### FROM RECYCLING TO REAPING

To effectively combat evaporation and aid growth of the palms, old carpet had first been laid around the trees, 1.83 to 2.44 metres wide, and a dripper system put in place. Seaweed was experimented with successfully and mulching the old palm fronds also proved a good idea. Latterly, a ring of 25 millimetre cement, about a metre and a half wide, has been laid to slope in towards the base of the trees. This is very effective against evaporation and weed control and also collects what rain might fall. The cement rings have proved the most effective and Roger intends to place them around all his palms.

To harvest the fruit, care and work is needed. First, the bunches must be pruned by having the centre cut out to allow fruit to size. Sometimes the strands are cut short or the immature fruit picked off. A few varieties have a natural selection system where they will shed the smaller dates to give the larger ones room to grow. To allow the natural selection to take place takes time, growth and water. To save on resources and hasten growth, thinning by hand is undertaken. Preparation and harvesting of the crop is work intensive but, as Roger says, 'It means more money, therefore it's worth the effort'.

When the fruit is at the crunchy, bright yellow stage the largest dates are picked by hand from the tree. These dates are the delicacy called kalahl, and will retail for \$20 per kilogram. Their season is short, just three weeks in duration.

When the dates have ripened



An adult tree will produce up to 150 kilograms of dates per year which can be sold for from \$10 – \$20 per kilogram.

beyond the kalahl stage, the bunches are picked and hung, then picked by hand and packed for sale. Wholesalers will buy this product for \$10 a kilogram, but the grower can retail them for \$20 per kilogram.

An adult tree will produce up to 150 kilograms of fruit per year. Trees begin to bear at about seven or eight years. Roger stresses trees will not produce much beyond the 150 kilograms.

The profits are not only in the fruit. The harvesting of offshoots is a bonus. Offshoots from pure strains of palms can bring \$600 per shoot. Date growing and harvesting would have to be considered as a ten-year investment.

### OPPORTUNITY FOR THE ECOLOGY

The date palm, *Phoenix dactylifera*, is environmentally friendly, an ecological

boon. With salinity a growing problem in Australia, date plantations could help reverse saline expansion.

Poor soil is not a problem to the date palm. It will thrive given the appropriate amounts of heat and water. There are vast arid areas of salinity and gypsum in Australia where nothing will grow, yet dates will thrive.

The drive to reduce carbons and clean up the atmosphere has become an urgent necessity. Here too, dates with their continual frond formation are a veritable vacuum cleaner.

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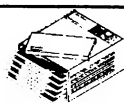
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# A Wheelie Good Compost Bin

by Graham (Wizard) Watkins, St Helens, Tas.

When the local garbologist sold out to a new operator he didn't want to use our old wheelie bin that we kept at our shop. So what to do with one second-hand slightly used wheelie bin? Sell it? No, who would want it? Take it home and recycle it? Ah yes, that's the answer. But what to? Very deep bird bath? Fish pond? Liquid manure tank? Worm farm? Add two more wheels and turn it into a billy cart? What about a compost bin? That sounded good.

So, after some initial trial and error I think I have come up with a Rolls-Royce of a compost bin. Now I am not suggesting that you all rush straight out and buy a perfectly good mobile waste receptacle and begin to demolish it. But if, like me, you come into the possession of such a device and need to find a new use for it, then maybe you could do what I did.

First, up-end the thing and cut the bum out of it (an electric jigsaw is ideal for this and good fun too). If the bin is the same as mine, it will have a lip around the edge and then a slightly curved bottom inside it. This is where you cut, around the inside of this joint. This still leaves an even edge for it to sit on (diagram 1).

Now stage two is very technical, so do this very carefully. Turn it up the right way again. I will repeat that to make sure you get it. Turn it up the right way. Good, you have done well, you deserve a break. Go and get a cuppa to bring back and contemplate your efforts. (Oh and wash your hands first, you don't know what has been inside that thing.)

Did you enjoy that? Good, now back to work. A drill, a few self-tapping screws, a 6 mm bit and a 25 mm to 50 mm holesaw, a length of 40 or 50 mm plastic plumbing pipe about 900 mm long are all you need now. Okay, on the lid drill a hole with the holesaw in the centre line of the front edge to line up with centre of the pipe if it were inside the bin. Next, on the front of the bin drill a hole with the holesaw in the centre line near the bottom of the bin. Next, put the pipe inside the bin, line it up with the two holes and mark where it is behind the bottom hole. Take it back out and drill a hole in the pipe at that spot. Change drill bits and drill a number of 6 mm holes through both sides of the pipe, probably 50 mm apart and staggered around the pipe (diagram

2). These are for ventilation so don't worry if they are not exact (unless you're a perfectionist). Now put the pipe back in the bin, line up the holes and screw it in place. Don't worry if there is a bit of a gap where the two holes line up, that will just be more ventilation.

Last, from the piece you cut out of the bottom cut a small section slightly bigger than the hole in the top, like so:



Screw it on so that it can be swivelled back and forth over the hole to

stop the heat escaping if desired.

That's it, a good job well done. Now all you have to do is fill it, turn it and use it. I have found it heats up really well and works very quickly. To empty it, I lean it back on the lid and shovel the contents from the top or bottom into a barrow.

An alternative way of construction might be to leave the bottom in and drill a series of holes in it with the holesaw, thus allowing the whole thing to be tipped backwards on to its wheels and moved once decomposition is complete, and that way it is still a wheelie bin.

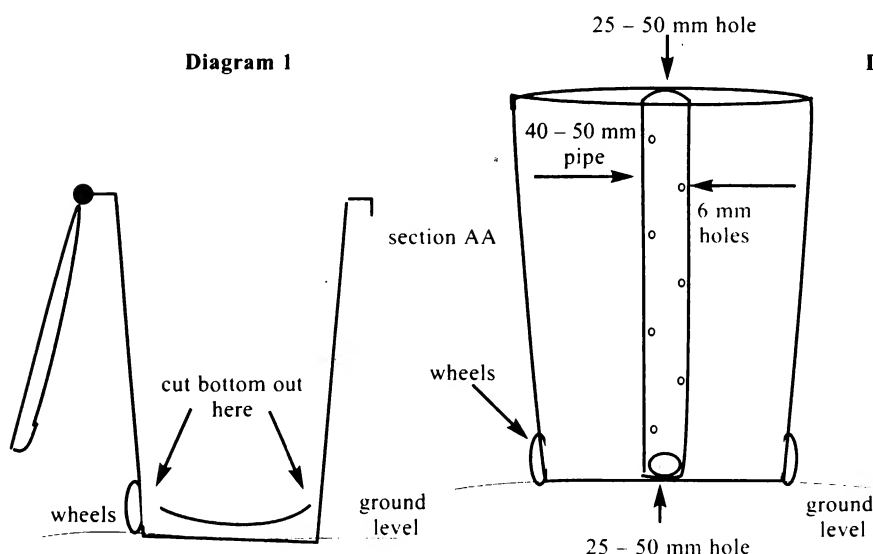
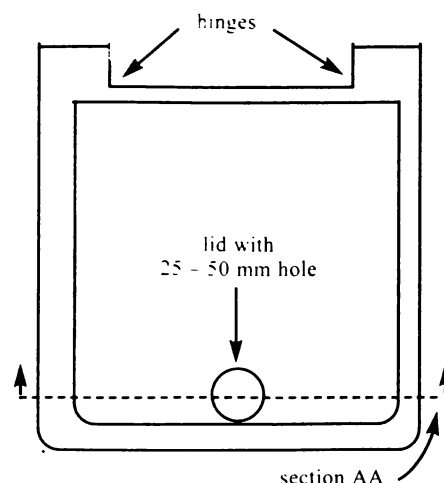


Diagram 1

Diagram 2



# JERUSALEM ARTICHOKE

## A Feed When All Else Fails

by Nev Sweeney, St Clair, NSW.

Back in the late nineteen-twenties when my father was growing up in Armidale, northern New South Wales, the family had hit a rough spot financially and things were pretty tight. Money for buying even the family food staples was getting a bit thin on the ground. Anyway, he had been playing in a vacant area near the house which had a large patch of sunflowers growing on it. He happened to be digging at the edge of the patch and found a tuber. He took the tuber to his mother who identified it as a Jerusalem artichoke and, to cut a long story short, that large patch of 'sunflowers' helped my family through a rough time by providing good tucker for free. That bit of family history just goes to illustrate that a patch of Jerusalem artichokes in the backyard can provide a feed when all else fails.

### WHAT THEY ARE

(and what they aren't)

The Jerusalem artichoke (*Helianthus tuberosus*), funnily enough, is neither from Jerusalem, nor is it related to the globe artichoke. It is a tuber found growing wild in North America and is related to the sunflower (*Helianthus annuus*). It also goes by several common names, including: sunroot, sun choke and bread root, depending on who you are talking to at the time. However, in this country it is generally called Jerusalem artichoke.

The Jerusalem artichoke is a fast-growing perennial tuber that can grow stalks two to three metres tall and, if you're not careful, it can take over your entire vegie patch because it tends to be invasive. What's more, they can grow from peelings, so be careful how you compost.

### GROWING

According to the books, they will do well on any soil, but prefer lighter rather than heavier soil, and should be planted about 15 centimetres below the ground and in rows about 60 centime-



Jerusalem artichokes grow tall, so give them plenty of space. They make a great windbreak for areas of the garden you want to protect, or provide shade and a green pick for poultry. They're equally at home in the vegie garden or as a background plant in a flower border.

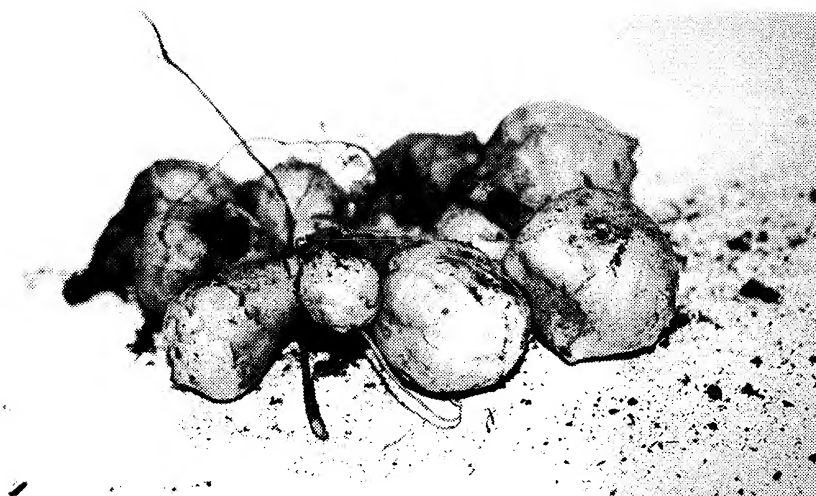
### HISTORICAL ARTICHOKE

The Jerusalem artichoke is said to owe its name to Samuel de Champlain who wrote in Canada in 1603 that the roots in the hands of welcoming Indians, and which they cultivated, tasted like artichoke. It subsequently became a winter staple for Canadian settlers.

tres apart. They are resistant to pests and diseases and, provided that they get enough water, will grow on in disgusting good health during spring and summer, producing a bountiful harvest in autumn, which is dug up once the stalks have died off. They do this regardless of what else you do to them, which in most cases needs to be nothing. When harvesting, all you need to do is leave sufficient broken off bits to start next year's crop (and it is almost impossible not to do it) and they will sprout once more next year to provide another good harvest all over again.

The way I did it was to first buy some Jerusalem artichoke tubers which were on sale at the local Woolies in the fruit and vegie section. It was late autumn at the time, if I remember correctly. I kept them in the fridge until needed. I next chose a reasonably sunny part of the chook run and dug up a roundish bed about 1 to 1.5 metres across and dug in a stack of the chook poo and other rubbish floating around the run to act as fertiliser.

The reason I chose the chook pen was so that the chooks scratching around the outside of the bed would prevent the artichokes from moving too far from their home range. I surrounded the bed with a ring of bricks and a ring of about half-metre wire netting to keep the chooks out. All I did then was to plant about a dozen tubers throughout the bed and put down a bit of straw mulch, and they have been growing like crazy ever since. Each spring I widen the bed by the width of a brick, filling in the newly uncovered area with grass, hay, compost, or whatever is available, to give them a bit of extra growing room. That first year I must have taken about 25 kilograms of artichokes from the patch, but I bet I left at



You can buy tubers from a supermarket or fruit shop to get you started,

least that much in there that was excess to our needs.

The growing of the artichokes in the chook pen has had two other side benefits in that the chooks love to eat the leaves that they can get at and, because of the dense nature of the foliage, a fair degree of shade is provided in that area also.

#### USING

The most obvious thing that they can be used for is to provide food for humans, however, there are a number of other uses for them that have been reported in the literature.

- In *Introduction to Permaculture* (Tagari Publications, 1991), Bill Mollison says that they can be used as animal forage, the dry stalks and green leaves and stalks being eaten by goats, and the tubers by pigs. The stalks can be used to provide a fast-growing windbreak and the tubers will break up hard soils in a similar manner to potatoes. After harvesting, the leaves and stalks can be used as mulch.

- In *The Complete Book of Edible*

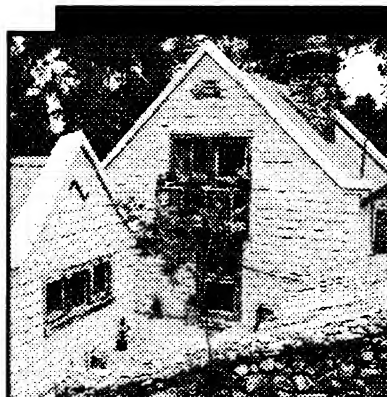
*Landscaping* (Sierra Book Club, 1982), Rosalind Creasy says that they can be used as a quick-growing screen or hedge, or as a tall background to a flower bed (the flowers are quite attractive). She also makes the point that 'their carbohydrate is in the form of inulin rather than starch, which means that it is an acceptable carbohydrate for diabetic diets'.

- John and Sally Seymour, in *Self Sufficiency* (Faber and Faber, 1984), say that you can clear land for planting by sowing Jerusalem artichokes, letting them grow and shade out all weeds, and then putting pigs on the land. The pigs dig up the land and fatten on the artichokes.

#### Some Recipes

**Baked Jerusalem Artichokes:** Peel and slice thinly, then cover with white sauce and bake, or combine with onions and grated cheese in a baking dish and bake.  
**Boiled Jerusalem Artichokes:** Simmer unpeeled diced or shredded artichokes in hot milk until tender, then serve in a white sauce.

**Pickled Jerusalem Artichokes:** Take two



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litres of artichokes (scraped and peeled), 500 ml of vinegar, two onions, 1.5 cups of brown sugar, two tablespoons of salt, one tablespoon of all-spice and one teaspoon of turmeric. Boil the vinegar, sugar and spices for ten minutes, add the onions and artichokes and boil for ten minutes, then seal into jars.

**Jerusalem Artichoke Chips:** Wash and clean the tubers and cut crosswise in 2 mm slices. Drop in water containing the juice of one lemon to prevent discolouration. When all tubers are prepared, drain and fry in hot oil until golden brown, salt if desired.

**Jerusalem Artichoke Soup:** Take 8 Jerusalem artichokes, 2 tablespoons of lemon juice, 5 cups of milk, 2 egg yolks, 1 tablespoon of sugar, and 1 teaspoon of salt. Simmer the cleaned tubers in water, to which the lemon juice has been added, for 15 minutes and drain, reserving the cooking liquid. Heat the milk until it is simmering but not boiling. Stir the egg yolks into the hot milk with a whisk and then add 2.5 cups of the reserved cooking liquid. Slice the tubers into 1 cm slices and add to the mixture, followed by the sugar and salt. Simmer for a further 10 minutes and serve.

**Baked Jerusalem Artichoke Omelette:** Take 4 medium-sized tubers, the juice from 1 lemon, 4 eggs,  $\frac{1}{2}$  teaspoon salt, and 3 tablespoons of butter. Boil cleaned and scraped artichokes in 1 litre of water with the lemon juice added, for 15 minutes, then remove and peel them. Preheat the oven to 220° C. Heat butter in a pan and when it gives off a 'nutty' aroma, lower the heat, quarter the artichokes lengthwise and add them to the pan. Cook over moderate heat for 10 minutes or until golden brown. In a small bowl, mix the eggs and salt until frothy, place the artichokes in the bottom of a buttered 1 litre casserole dish and pour the eggs over them. Bake in the top half of the oven for 20 minutes or until the omelette is firm and golden brown.

So there you have it; to feel a bit more secure about your food supply, or to increase your level of self-sufficiency, put in a patch of Jerusalem artichokes and you too can have a feed when all else fails.



# SURROGATE SUPPLIES

by Jenny Walker, Auckland, NZ.

It is frustrating to decide on a spot of cooking, only to find you do not have all the ingredients to hand. For some it means simply a quick trip to the local shop (or neighbour); others must wait until their next planned shopping trip, or use a substitute. Some recipes can be adapted so the offending ingredient is not missed. The omission of carrot in a stew is not a major problem, however, the lack of carrots in carrot soup may cause comment. (Forget the soup idea!)

Often use can be made of dried store-cupboard items:

- 1 garlic clove =  $\frac{1}{4}$  tsp garlic powder
- $\frac{1}{4}$  cup chopped onion = 1 tsp onion powder.

When substituting dried herbs for fresh the general rule is 1 tsp dried = 2 tsp fresh.

Baking needs a little more attention to detail. The following work well for me:

- 4 tsp baking powder = 2 tsp cream of tartar + 1 tsp bicarbonate of soda + 1 tsp cornflour
- 1 cup butter = 1 cup vegetable

shortening or 1 cup lard and  $\frac{1}{2}$  tsp salt

- 1 cup buttermilk = 1 cup milk and 1 tbsp vinegar

- 1 square chocolate = 3 tbsp cocoa and 1 tbsp butter

- 1 cup cream (heavy) =  $\frac{3}{4}$  cup milk and  $\frac{1}{3}$  cup butter

- 1 cup cream (light) =  $\frac{7}{8}$  cup milk and 3 tbsp butter

- 2 egg yolks = 1 whole egg

- 3 eggs = 1 tbsp gelatine dissolved in a little cold water. Add boiling water to make 1 cupful. Beat, then add to cake mixture.

- 1 cup honey =  $1\frac{1}{4}$  cups sugar and 1 cup water

- 1 tsp lemon juice =  $\frac{1}{2}$  tsp vinegar

- self-raising flour = 1 tsp baking powder per cup of plain flour

- 1 cup sour cream = 1 cup fresh cream and 2 tsp lemon juice

- 1 tsp vinegar = 2 tsp lemon juice

A lady I know has perfected the art of substitution. Her husband will not eat rice pudding unless it has grated nutmeg on the top. One day she could not find the nutmeg so used a little grated bread-board instead!

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# ALDINGA ARTS ECO VILLAGE

by Ian Mason, Tranmere, SA.

Picture this: A man leaves home, sketchbook in one hand, shovel in the other. He walks through a landscape of blossoming trees and shrubs, fruit and nuts, ponds and ducks. He passes blocks of stone that contain various curvatures and interesting figurines. Putting his sketchbook down next to a crowd of empty paint easels, he joins a group of friends who are mulching a garden. Where is this happening? The Aldinga Arts Eco Village. Where else might we find gardeners with paint-splashed overalls and artists with soil on the knees of their pants?

This might sound intriguing but it is not yet a reality. It is all still happening in my mind as I ponder what is set to occur in one of Adelaide's most exciting new projects. Three and a half years ago a group of people looking to set up a village for the living arts, and a group looking to establish a permaculture co-op housing village, found themselves chasing the same piece of land. They decided to join forces and the momentum generated since has successfully driven the project through a number of planning and administrative stages. The project has received state government and local council support, media backing, encouragement from environmentalists and the development profession, and significant public interest. The site is currently being purchased. Open days are occurring, and over 20 percent of the land blocks have already been sold.

The site for the village is one hour south of Adelaide city, five minutes walk to the Aldinga retail centre, and 15 minutes walk to the beach. Sixteen hectares of old farmland will be transformed into a village containing 153 houses and town houses. Houses built of alternative materials such as straw bale, mud brick, and rammed earth, are envisaged, and colourful themes and design diversity will be encouraged. All houses



will be clustered, with individual allotment boundaries abutting community open space parklands and gardens.

The community centre will have a bakery, cafe, amphitheatre, studios, gallery, and more. There will be gardens of edible and native vegetation in community areas, a wind generator to supply power for the village, and ponds for natural treatment of sewage to produce clear irrigation water. Gravel roadside swales will collect stormwater to run into holding ponds to add to the 'local water for irrigation' concept. Adjoining the Village will be developed a 17 hectare permaculture farm with community garden plots and individual allotments.

All in all, it sounds like a very intriguing project. It will be a great experience and experiment to see how artists and permaculturalists combine to organise the day-to-day processes and activities and give credence to the real meaning of the world 'community'. The combination of arts and per-

maculture and the proximity of the Village to the fringe of the metropolitan area gives residents a greater capacity to earn an income.

What will a landscape incorporating artistry really be like? Artistically pruned fruit trees? Numerous sculptures? Perhaps the influence of permaculturalists on artists will see an increase in creative junk yard art, where scrap is recycled into artwork. Years ago, elsewhere, I remember seeing cogs turned into eyes, and bicycle chains turned into tails, on life sculptures that added grace and intrigue to the garden.

The opportunity is there for people who are attracted by this concept and would like to become involved. There is also a co-op housing cluster for low-income renters and provision for allergy-sensitive people.

For more information about this exciting project ring Steve Poole on 08-8383-6805, or visit the website at [www.aldinga-artsecovillage.com.au](http://www.aldinga-artsecovillage.com.au).

# DIABETES ANCIENT AILMENT

by Jill Conley, Mudgee, Vic.

At the end of the 20th century five percent of the Australian population had been diagnosed as having diabetes. Intensive research is being carried out, but as yet no cure has been found. The end of the millennium brought new hope to people suffering from this condition, with advances in knowledge and treatment ending the cycle of ill health, chronic complications and death which have formerly been a frequent scenario to sufferers of this illness.

Glucose is a form of sugar carried to the cells of the body by the bloodstream. It is our main source of fuel. This blood glucose is supplied mainly by the food we eat, but can also be produced in the liver.

Insulin is a hormone produced by the pancreas gland and is necessary in order for this sugar to leave the blood and enter the cells. If the body does not have enough insulin the blood glucose rises and we have the condition known as diabetes.

Symptoms of high blood glucose or hyperglycaemia are:

- thirst,
- fatigue and weakness,
- sometimes weight loss, especially in young people,
- infections and itching of the skin,
- blurred vision,
- headaches,
- nausea and vomiting in severe cases.

The amount of glucose in the blood is expressed in millimoles. A normal blood glucose level is 3.5 mmol to 8.0 mmol, which is approximately  $\frac{1}{4}$  of a teaspoon per litre. Measuring blood glucose involves pricking the finger to obtain a drop of blood and placing this drop on a special testing strip.

There are three main types of diabetes: type 1, type 2 and gestational. Type 1 diabetes usually affects children and young adults. It occurs because the pancreas produces no

insulin. Type 2 usually affects people over forty and has a strong hereditary tendency. It occurs when the pancreas does not produce enough insulin or the insulin it does produce cannot be used by the cells. Gestational diabetes affects three percent of pregnant women in Australia.

The aim of treatment in diabetes is to enable people to lead a normal life by relieving the symptoms of the disorder and minimising the risk of complications. Adhering to the following guidelines is the way to best achieve the aims.

- Try to keep blood glucose levels as near normal as possible.
- Have a diet high in fibre and carbohydrate, moderate in protein and low in fat. A small amount of sugar is acceptable in a healthy diet, where weight loss is not an issue.
- Exercise regularly and keep weight and blood pressure down.
- Look after the feet. Check them daily.
- Have a thorough check of eyes, heart, circulation, nervous system and kidneys annually.
- Wear identification stating you are a diabetic and which medication you are on.
- Do not smoke, also limit alcohol intake.

Over the millennia many plants have been found to have a beneficial effect in lowering blood glucose levels. Detailed advice in their use can be obtained from health food shops or from herbal medicine practitioners.

Some herbs and plants most often used to assist in the management of diabetes include artichoke, bilberry, blue cohosh, chicory, common lettuce, dandelion, dwarf nettle, elecampane, European centaury, European Solomon's seal, fenugreek, flax, goats' rue, juniper, kidney bean, milfoil, nettle, onion, queen of the meadow, saw palmetto, spotted cranebill, sumac,

wild red raspberry, wintergreen. The mineral chromium has also been shown to have the ability to lower blood glucose levels.

Exercise is an important part of the treatment of diabetes. As early as 600 BC, Indian physician, Sushruta, advocated the benefits of exercise in treating diabetes. If you aren't used to regular exercise, you must start slowly.

Yoga and t'ai chi; walking; dancing; swimming; riding a bike, horse, sailboard or elephant (you get the idea), three or four times a week will help the body become more sensitive to insulin. It will also strengthen the heart and lungs, reduce stress and fat, help digestion and prevent constipation, improve sleep, lower blood pressure, improve the circulation, especially to the legs, and can decrease the body's needs for medication.

In a person taking Sulphonylurea tablets or insulin injections it is important to have some carbohydrate to eat before exercising; a piece of fruit or a sandwich would be suitable. This is because exercise can make the blood glucose levels drop too low in these people. Some jellybeans can be carried as a standby in case of a 'hypo'.

Stress and anxiety, part of modern living, can raise blood sugar levels with ease. Aromatherapy with its

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The first written record of diabetes we have dates from 1500 BC with the Ebers papyrus. Until the discovery of insulin in 1922, type 1 diabetes was invariably fatal. In 1944 the first tablets were developed to treat type 2. The 20th century saw major advances in the treatment of diabetes. We can only hope the 21st century will bring a cure for this ancient ailment.

# SAVE THE KOALA DAY 2000



On Friday 28 July, as part of Save the Koala Month, the Australian Koala Foundation will be reminding people about the importance of protecting koala habitats and drawing attention to the plight of these Australian icons. To support the koala on the day, you can purchase Koala Joey Jellies (available at local stores, newsagents, pharmacies etc). Other activities that will help protect habitats and animals alike include planting koala food trees, supporting the work of koala groups around the country, and supporting calls for habitat protection and better legislation to protect koala trees. For more detailed information contact [www.savethekoala.com](http://www.savethekoala.com) or call Kerry O'Halloran or Ann Sharp on 07-3229-7233.

# NATURAL ANT CONTROL

by John Mount, Woodford, Qld.

Ants rarely come indoors unless tempted by edible sweet or fatty substances, or forced inside by wet weather. It does little good to spray those that are inside unless those outside can be persuaded not to enter as well. Before taking any action, trace the ant trails back to their nests or holes. When you have located all the nests, pour boiling water into them. Other substances that can be used on the nests are lemon juice, talcum powder, powdered borax, crushed cloves, cayenne pepper, or garlic water. To make garlic water just mix two or three sliced or crushed garlic cloves in half a litre of warm water and allow to sit for 12 hours. An interesting observation is that if a quarter of a finely diced or crushed garlic clove is added daily to one litre of water, after a few weeks the water is so potent it kills instantly on contact and the water evaporates in seconds! Once the nests are attacked those inside will usually retreat to the remains of the nests (to either regroup or rebuild). Those inside the house can be dealt with by spraying them with a fine mist of garlic water, lemon juice water, or onion water. To prevent further inva-

sions use the following repellents:

- Take 500 grams salt, 1 litre water, 10 kilograms bran or sawdust, four or five litres molasses. Mix till crumbly and spread around areas and plants you wish to protect from ants.
  - Two litres of water, 113 grams cape aloes (*Aloe ferox*). Bring to the boil and add 42 grams camphor. Spread around areas ants frequent.
  - Spread over areas where ants gather small amounts of any of the following: essence of peppermint, tansy, strips of cucumber, cayenne pepper, or powdered borax.
- To prevent ants from climbing posts, mix olive oil, castor oil, or any other suitable oils, with cayenne pepper, powdered borax, or chilli peppers and powders. Paint a six-centimetre thick line around the post and when the oil dries it leaves the anti-ant ingredients intact and active! Another form of deterrent that works on some species of ants is ordinary blackboard chalk; they often won't cross chalk lines on posts and poles. Spread pennyroyal, cucumber, talc, and lemon juice on ant trails to confuse and disperse them.



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# MAKE YOUR OWN SAUSAGES

## PART V: Smoked For Long Keeping

by Lucy Daugalis, Daw Park, SA.

Over previous issues I have described the process of sausage making, including safety precautions and problem solving; now I'll share some recipes. This issue I include recipes for smoked sausages that you can store. Please reread my articles in GRs 135 to 138 to ensure you are familiar with correct procedures before you begin.

### LITHUANIAN SMOKED SAUSAGE

Lithuanian sausage is made from pork only. Beef is added in cases where the pork is from a young pig and has a pale red colour, or when wanting to produce a larger amount of sausage. Beef is firmer and the muscle fibres more elastic. Sausages made with beef are more solid, become firm sooner, have a clear red colour, a cleaner cut, and are more tasty.

When sausages are being made from pork only, in order to have a more solid sausage, part of the firmer drier meat should be ground finer, similar to beef. If the meat is from a grown pig, the sausage usually turns out well. All that is needed, if the meat has too much fat, is to cut out part of the soft fats that are in between the muscle fibres, and to replace them with hard, good bacon. If that is not done the sausage may become soft and it will be harder to prevent faults.

The most suitable meat is from the hams; there are more muscle fibres there, and the meat binds together better. The gristle and membranes in beef must be removed, and, when grinding, one must be careful that the meat does not heat up, because the sausages might become bitter because of it.

If the pork is lean and some beef is added, it is imperative to have bacon, the quantity depending upon taste and the fatness of the available meat. Good sausages can be produced according to the following recipes.

#### Recipe No 1

5.5 kg lean pork  
2.7 kg beef  
1.8 kg bacon

#### Recipe No 2

4 kg fat pork  
4 kg beef  
2 kg bacon

In both recipes for each kilogram of prepared meat add:

30 – 32 g salt  
0.4 g saltpetre  
0.5 g black pepper  
1.2 g aromatic pepper  
0.5 g coriander  
0.5 g garlic  
2 g sugar

The pork is ground through a 12 – 13 millimetre grinder, beef through a 4 – 5 millimetre. Bacon is chopped into 1 centimetre length, 1 centimetre width and 1/2 centimetre thickness, or somewhat smaller pieces. Garlic is chopped very fine, and, after being mixed with the salt, is put into the meat together with the other herbs or spices. Meat should be mixed thoroughly so that the salt and other spices are evenly distributed, then sausages are filled firmly.

### VARIOUS SMOKED SAUSAGES

These sausages are made from pork, beef and bacon, or only from beef and bacon. The proportions can be varied.

#### Recipe No 1

2.5 kg fat pork  
5 kg beef  
2.5 kg bacon  
Spices for 1 kg meat:  
30 – 32 g salt  
0.4 g saltpetre  
2 g white pepper

Bacon is chopped in pieces the size of beans.

#### Recipe No 2

3 kg beef  
4.5 kg fat pork  
2.5 kg bacon  
Spices for 1 kg sausage meat:  
32 – 33 g salt  
0.5 g saltpetre  
2 g sugar

2 g white and aromatic pepper  
Bacon is chopped the size of peas.

#### Recipe No 3

3.3 kg lean pork

3.3 kg beef  
3.4 kg bacon  
Spices for 1 kg sausage meat:  
31 – 32 g salt  
0.4 g saltpetre  
2 g white pepper  
2 g sugar  
0.6 g cardamom.

Beef is ground fine, pork somewhat coarser, and bacon is chopped about the size of peas or slightly larger.

#### Recipe No 4

6 kg lean pork  
2 kg beef  
2 kg bacon  
Spices for 1 kg sausage meat:  
31 – 32 g salt  
0.4 g saltpetre  
2 g sugar  
2 g white and aromatic pepper

Sausages may be made from beef only with the addition of bacon in these proportions:

Kind of meat	Recipe			
	1	2	3	4
Beef (kg)	4	6	6.5	3.6
Bacon (kg)	2	4	3.5	2.4

Beef is ground through a narrow hole grinder, bacon is chopped into 1/2 centimetre pieces. Spices are as for other smoked sausages: salt, a little saltpetre, pepper, or instead of it 1.5 – 2 g coriander and 2.5 g caraway (for 1 kg meat). Coriander and caraway must be finely crushed.

### PORK SAUSAGES

#### Recipe No 1

6.7 kg lean pork  
3.3 kg bacon  
Spices for 1 kg sausage meat:  
32 g salt  
0.3 g saltpetre  
2 – 3 g white pepper

Meat is ground through a wide-gapped grinder or chopped like the bacon into 1 centimetre pieces. The sausage made in this manner and smoked has a naturally red colour and a clear cut.

### Recipe No 2

7.5 kg lean pork  
2.5 kg bacon  
Spices for 1 kg meat:  
30 – 32 g salt  
0.3 g saltpetre  
2 g sugar  
1.5 g white pepper  
1 g aromatic pepper

Meat is ground through a grinder attachment with medium-sized holes (4 – 5 centimetre), bacon is chopped into ½ centimetre pieces.

If the pork has a lot of fat which is difficult to remove, do not put any bacon in it. It is difficult to make first-class sausages from such fat pork. The meat should be ground through an attachment with larger (13 millimetre) holes. More careful watching is needed during the smoking, in order to avoid various faults.

### SALAMI SAUSAGE

Salami is made from first-class mature animal meat. More beef is put into it, so that it would be of a stronger flavour and firmer. Beef is ground through a grinder attachment with spaces of 3 millimetres and pork through 8 – 12 millimetres. Bacon is chopped into small square pieces. The proportions for these sausages can be varied.

### Recipe No 1

4 kg beef  
2 kg pork  
4 kg bacon  
Spices for 1 kg meat:  
30 – 32 g salt  
0.4 g saltpetre  
1.5 g white pepper  
1.5 g aromatic pepper  
0.5 g garlic

Beef, after having part of salt and saltpetre added, is ground finely. Then add coarsely ground pork, ½ centimetre size, chopped bacon and all the spices. This prepared meat is forced into thick beef casings or the pig's bladder.

### Recipe No 2

3.3 kg beef  
3.3 kg pork  
3.4 kg bacon  
Spices – same as in recipe No 1

### Recipe No 3

3.5 kg beef  
3 kg pork  
3.5 kg bacon  
Spices for 1 kg meat:

30 – 32 g salt  
0.4 g saltpetre  
2 g pepper (more of the aromatic)

### SKILANDIS

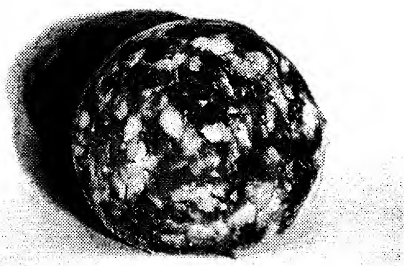
Skilandis (meat pudding) is made from pork only. It is made similarly to sausage, only the meat is chopped more coarsely (in lengths of 5 centimetres and 1.5 – 2 centimetres thickness or slightly smaller pieces). If the pig has been fed poorly and the meat has a lot of soft spreading fat, it is better to remove most of it and add, in its place, firm bacon.

To one kilogram of meat sprinkle 36 – 40 grams salt, 0.3 – 0.4 grams saltpetre and 1 – 2 grams sugar. Spices for 1 kilogram meat, are as follows: 1.5 – 2 grams pepper (more of the aromatic ones), 1 – 1.5 grams coriander and a little (0.5 – 0.7 grams) garlic. Spices are sprinkled while the meat that was chopped by hand is turned over, so that they will be evenly distributed. The pieces of meat should be pressed tightly, so that there will be no spaces and as little air as possible.

The filled skilandis is sown up immediately and is pressed under a heavy object for at least five days. After which time it is tied around with a strong thin rope, placing some narrow boards underneath, so that the rope does not cut into the meat. It is even better to put the skilandis in a net made of rope and to smoke in cold smoke for two to three weeks.

It is very important at the beginning that it doesn't dry out in hot dry smoke, for then the middle remains unsmoked, the colour is greyish, and the sausage goes off more quickly. The little boards prevent the smoke from permeating, therefore, when the skilandis is somewhat dry, they should be removed.

Next time, I finish this series with recipes for sausages for immediate consumption.



## Too Old, Too Old?

by John Elliott, Box Hill Nth, Vic.

Most of us, particularly those who have been around for a good long while, have skills we can give back to the community. It is often a bitter pill to be told we are too old to be a useful or productive member of society anymore.

There are probably a lot of *Grass Roots* readers who can relate to this situation. In a previous life, I was at the forefront of a profession, serving on the state controlling body, helping write the training textbook, and generally being looked up to as an expert in my chosen calling. Now past fifty, I am being told I am too old, unemployable, past it, on the scrap heap

Have I got news for you!

My hobby is now my job! Not only that, but I am passing on my knowledge to the next generation, as well as some of my own, at the local neighbourhood house. Your local neighbourhood house, or community house as some are known, will welcome you with open arms. You can pass on your macramé skills, or computer expertise, belly dancing, needlework, cake decorating, woodwork, basic motor mechanics, or whatever other skill you have learnt over your journey. The world out there is hungry for knowledge, particularly the sort of knowledge we *Grass Roots* folk have. The Feedback pages are sufficient proof of that. The arts and the crafts that have been handed down through the generations are now ours to pass on. We have an obligation to pass them on to the next generation, just as they were passed to us.

Contact your local neighbourhood house and tell them what skills you can offer. Remember most people know far less than you do or they wouldn't come to a class. It's fun to teach and the jumble of information in your mind clarifies to your own advantage. Not only that, but you get paid!

Give it a go, you have nothing to lose, and heaps to gain including new friends, renewed self esteem and a whole new lease on life.

# Livestock Health and Management

## Information You Need but Haven't Known Where to Ask

If you have queries on any type of livestock send them in and we'll get our panel of experts to research the problem for you. Send them to Livestock Advice Page, Grass Roots, PO Box 117, SEYMOUR 3661.

### ITCHY DOGS

My vet's wife told me to go to our local grain store and buy Rudduck's Derri-Sal cattle ointment which is generally used for sore cracked udders. I've been using it on my 18 year old little terrier bitzer. I put flea control on him regularly but when he starts to scratch his skin I put a dollop of cream on him rub it in, it heals the skin and he doesn't seem to scratch any more. Been using it for about 14 years now. When it's very hot we hose him down a couple of times a day which seems to help as he's a pretty fit little dog, blind and a bit deaf but cute and called Teddy. Best wishes to you all.

**Lesley Brewer,  
MOE 3825.**

Thank you Lesley for sharing your successful story about using Rudducks Derri-Sal. We haven't heard of it before and suggest readers check what is in it before using. Don't forget, too, that skin conditions frequently have a dietary interrelationship and you need to look at what your dog is being fed and whether or not it is contributing to the eczema. A change of diet and gradual reintroduction of the former 'foodstuff' will enable you to see if the allergy disappears, returns, etc. Check Pat Coleby's 'Natural Pet Care' for alternatives to processed or meat only diets.



### BROODY HENS

A hint for broody hens that you don't want for sitting is to dunk them completely in water a few times and then isolate them for a few days. They will soon come off the 'cluck'.

**June Hamilton,  
CALOUNDRA 4551.**

June, there are more humane ways of dealing with broodies, this method was in vogue about 100 years ago and would contravene recommended management of poultry today. So what can you do to discourage broodiness? Perhaps first we should explain that it is a natural response in all poultry to the need to ensure the survival of the species. Most females develop the desire to sit on a clutch or number of eggs after they have laid somewhere between 8 - 28 eggs. Their inclination to broodiness and the number of eggs laid before it is exhibited is governed by the particular species, the breed or variety, individual genetics, etc. The female will determinedly sit on the clutch of eggs for the period required for incubation. She will exhibit protective behaviour over her eggs, pecking at and even attacking people or animals disturbing her. She will also turn or rotate the eggs around in the nest around a dozen times a day to ensure the contents do not adhere to the shell and therefore become flawed and fail to hatch. After the fertile eggs have hatched the mother hen will care for her young until they are old enough to become independent. Poultry keepers have selectively bred broodiness out of some varieties of ducks and fowls. This is most apparent in the modern commercial hybrid fowls, particularly white

plumaged birds. Backyarders will also attest that under natural management many of these birds will in fact go broody despite the geneticists' best efforts. Some pure breeds are less inclined to broodiness than others so if you don't want to breed chickens or be bothered with this problem, choose either a coloured hybrid or a breed like Leghorn, Minorca, Campine, Ancona or even Welsummer. Heinz crossbreeds should be avoided, crossbreeding seems to exacerbate broodiness. Bypass heavy bodied purebreds like Sussex, Rhode Island Red, Australorp, Orpington, Plymouth Rock, also Silkies and Araucana. The 'Poultry Breeders Directory' advises which breeds do/do not exhibit broodiness. Current management of unwanted broodies includes removing the hen from the nest the first evening she shows an inclination to stay put, and placing her in a well lit, well ventilated coop or shed where there is no tempting litter on the floor to nest in. Provide feed and water as usual. Hens removed and 'debrooded' straight away quickly come back into lay. If allowed to sit on eggs for days or even weeks, the longer it will take for the bird's hormonal system to revert to normal.

### NATURAL DOG REPELLANT

Grass Roots rates as far as I'm concerned, as one of the best magazines about. Congratulations!

I'm an animal lover and also care for the environment. I'd rather use chilli than some dangerous chemical to repel dogs from digging.

**Ian Moubray,  
NOOSAVILLE DC 4566.**

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# ECO NEWS

## PLANT POLLUTION CONTROL

The fragrant lemon-scented geranium has been shown to have the ability to absorb very high concentrations of metal contaminants from soil, including cadmium, lead, nickel and copper. Trial plants continued to grow well despite being subjected to stress from high temperatures and from being watered with concentrations of heavy metals, hydrocarbons and other contaminants. Essential oils extracted from lemon-scented geranium leaves for use in perfumes and pot pourri are, apparently, still safe to use regardless of the metal content. An added bonus to their potential use in cleaning up contaminated sites is that the plants can be burned and the metals retrieved from the ashes.

## INSECT ENZYME CLEANUP

Insect resistance to pesticides is a common and growing problem for agriculture. New research from the CSIRO has shown that resistant insects have the ability to produce an enzyme which breaks down chemicals. Research has been focusing on isolating the specific enzyme that breaks down organophosphate insecticides. If scientists can produce large quantities of the enzymes in a form that can be sprayed on a crop, it will break down harmful chemical residues. Particular applications for such a product would be in the areas of cleaning residues from irrigation channels and from fruit prior to marketing.

## WEED/PEST RESISTANCE

Worldwide, about a thousand agricultural pests are resistant to pesticides. In an indication that pesticide use is often counterproductive, since the Indonesian government withdrew pesticide subsidies and banned the use of 57 pesticides, their use has fallen by 60 percent and the rice harvest has risen by 25 percent.

In WA, the annual weed, ryegrass, has developed high levels of resistance to both group A (such as diclofop-methyl) and group B (such as chlorsulfuron) pesticides. Wild radish has also developed significant resistance to group B pesticides.

## ADELAIDE SINKING

Over the last century, global sea levels have risen, on average, by 15 centimetres, while Adelaide has sunk by the same amount because of pumping from groundwater. The resultant 30 centimetre rise in sea level adjacent to the city has led to severe beach and coastal erosion, higher infrastructure costs and a range of new building regulations to counter the associated problems.



## QUOLL DECLINE

With fewer than 1000 spot-tail (or tiger) quolls left in Victoria, and 30 in the Otways region, and the animal's status being upgraded to 'critically endangered', conservationists are concerned about the impact of logging on its habitat in the Otways. The dramatic decline in quoll numbers has been linked to clearfell logging and 1080 rabbit and fox poisoning. Logging removes the quoll's habitat, including trees with nesting hollows, and the habitat of the prey it relies on for food. Quolls are poisoned by eating prey that has been killed by rabbit or fox baits. Its prey species, including potoroos, possums and bandicoots are also affected by baits.

Even though 1000 hectares in the Wye River area have been set aside as quoll habitat, conservationists point out that female quolls need a territory of 1000 hectares, but males need two to five times this area. It is possible for quolls and the timber industry to co-exist, provided logging is selective and not clearfell, that old-growth forest providing the necessary habitat features is not destroyed, and that alternative rabbit, fox and feral animal control methods are used.

## PROGRESS FOR NATIVE VEGETATION

While over 300,000 hectares of woody vegetation per year are being destroyed across Australia, the news is not all doom; small but significant progress is being made in redressing the damage.

- A wilderness area of 2700 hectares in the Wongungarra Valley near Mt Hotham (Vic) is to be declared national park.

- A further 174,000 hectares in north-east Victoria has been earmarked for conservation.

- The Federal Government has released a National Framework for the Management and Monitoring of Australia's Native Vegetation as part of their aim that by June 2001 there be no net loss in the amount of native vegetation being cleared.

- Indigo and Yackandandah shires in NSW have launched roadside management plans to conserve native grasses and tree cover.

- Many shires Australia-wide are recognising the need for conservation and revegetation of native flora (and consequent habitat and food for native fauna) by releasing brochures of local relevance to educate landholders in these issues and by actively encouraging conservation programmes. Contact your local authority to find out if there is any such programme in your area.

## GLOBAL WARMING

A recent CSIRO report outlined possible scenarios for Australia to be prepared for as global warming continues. These include:

- Reduced snow in alpine areas, 66 percent less by 2030 and all-but gone by 2070.

- Accelerated coral bleaching causing major damage to the Great Barrier Reef by 2040.

- Increased incidence and severity of bushfires.

- Fewer frosts.

- Less water for irrigation.

- More coastal flooding.

- Increased heat stress on farm stock.

- Higher wheat yields, perhaps as much as 26 percent by 2100.



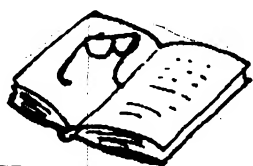
# FEEDBACK LINK-UP FEEDBACK

Dear GR,

Having been recently introduced to GR (six months ago), I spent part of my Christmas holidays reading back copies in between doing all those little extra things around the place that you just don't get done ordinarily, such as fixing fences and collecting moo poo! You have some wonderful info and articles in every issue. A particular letter in GR 130, Jan '99 from 'Possum Jack' stirred me to tears. How lovely, reading what happiness he has found with the girl of his dreams, who enjoys the simple beauty in life. May you both spend many joyful years together, sharing your love of nature.

Like Possum Jack, I'd love to meet that special person who enjoys the simple things in life and just spending time together. Although not nearing 60 yet, I do sometimes wonder how many of us are out there! However, in the meantime I have plenty of moos, sheep, ducks etc, as well as the garden to keep me busy. Thank you for a wonderful and inspiring magazine. I look forward to your next issue.

Louise,  
'Romany Grove',  
Kingstown Rd, URALLA 2358.



Dear GR,

Have you got **THE HOUSEHOLDERS COMPENDIUM** still? I wrote to you about said book two years back and you sent me out one (the last one), but you said you would be getting some more soon. If you have I would like three more please. If you could ring me on 03-5750-1485 I would be grateful as it is a very good help to me.

Mrs JC Gamble,  
40 Delany Ave, BRIGHT 3741.

*This book is out of print. Can any readers assist with a second-hand copy?*

Dear Fellow Readers,

By choice I live in the bush. When those long and often lean periods proliferate, I often find helpful solace in a copy of GR. My quiet lifestyle provides opportunity, however, for nurtured development of long-term projects. Twenty-six years ago, whilst a student of environmental design, I first heard about **FERRO CEMENT BUILDING CONSTRUCTION**. After many previous short-lived attempts made over the years, I was fortunate, in 1996, to be able to commence and maintain the fully expanded development of my own ferro cement building technique.

Through extensive continued research and practical experimentation, the original, innovative, unique and wide practical application potential of my ferro cement building technique has been steadily reinforced. Next project in the practical developmental itinerary will be to clad about 50 lineal metres of timber stud frame walls with ferro cement. Aside from covering these frames with chicken wire, most of the work involves rendering cement mortar. A good crew can apply most of the mortar in a day, for an average-sized house. This wall project will address the growing local interest in my technique. With the eventual goal of official recognition, I am ever careful to be well informed and to consult regularly for professional advice, such as from engineers' reports. I intend to publish information initially to select university and college architecture departments worldwide, and then to publish a book about my technique.

I built a 3000 gallon ferro cement water tank last summer. An essential home improvement and further, a handy opportunity for technique testing. Cement is essential in most home construction, and amounts used with my technique are less than those needed for straw bale construction. One barrow load of mortar will cover four square metres to cyclone standard.

John Fiotakis,  
Magenta Ridge, WATTLE GROVE 7109.

Dear GRs,

I think that it is wonderful what Clare and Paula Colins (Feedback GR 136) have achieved on their property in Nanango. They have, as well as numerous other letters and articles, inspired me to take the first steps towards gaining my own property where one day I can be as self-sufficient as possible. I have had the dream to do this for a long time, but, before my husband left me in September 1999, he always put my ideas on permaculture and dreams of self-sufficiency down as foolishness. However, being left to support five children and pay a mortgage on my own has shown me my strengths and that I can realise my dreams now. So, the reason I am writing is to tap in to other readers' knowledge of the best areas (preferably NSW or Qld) to obtain a **SMALL ACREAGE PROPERTY** where self-sufficiency is viable, with vendor finance, and a low deposit. Also, within a 50 kilometre radius of where I might be able to obtain work – in the beginning.

On another note, I have a few olive and fig trees and would love some recipes for preserving and cooking both. So, anyone who could help or who would just like to write, please do.

G Head,  
C/- PO, BOGAN GATE 2876.

Dear GRs,

Here is a good **TRAVEL TIP**. Put your clothes in separate plastic bags. Undies in one, socks in another etc (you can get big bags). Put the bag on a chair or bed and sit on it then zip the bag shut. You will get twice as much in your suitcase and it won't be a jumble, no dust or water can get in and you can see what's in each one!

Allen Mulder,  
'The Wilderness', CARMILA 4739.



Dear Editor,

On page 15 of GR137 you have mentioned **BAY RUM**. What's the difference between ordinary rum (Bundaberg etc) and bay rum? Who is the producer and who is selling it? We have checked local bottle shops, but no one could tell us anything.

Joseph Klimecky,  
3/49 Gordon St, GREENSLOPES 4120.

*Bay rum: An aromatic liquid, used in medicines and cosmetics, originally obtained by distilling the leaves of the bayberry tree – Pimenta acris – with rum. Now also synthesised from alcohol, water and various oils. Try asking at a chemist shop. Good Luck.*

Dear Grass Roots,

Thanks for helping me learn about how to become (more) self-sufficient. I have a lot of **FOOD AND CHEMICAL SENSITIVITIES** and I am therefore concerned about health and environmental issues. I wanted to let other readers know, who might just be finding out that they are sensitive to various foods and/or chemicals, or who may have known for a while, that there are a number of support groups. They are:

AESSRA (Allergy and Environmental Sensitivity, Support and Research Assoc Inc), PO Box 298, Ringwood 3134.

ASEHA (Allergy, Sensitivity and Environmental Health Assoc Qld), PO Box 45, Woody Point 4019.

Allergy and Chemical Sensitivity Association of SA, PO Box 104, North Adelaide 5006.

Allergy Association of Australia, WA Inc, 3 Shark Ct. Sorrento 6020.

ACTA (Australian Chemical Trauma Alliance). I don't have the coordinator's details but contact Diana & Bernie Crumpler, RSD Tennyson 3572 for info.

ACT Allergies & Intolerant Reactions Association, PO Box 717, Mawson 2601.

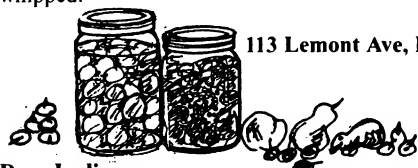
All these organisations are nonprofit. Many are run solely by volunteers and are constantly in need of assistance.

Miriam Baxt,  
1 Carlyon St, ORMOND 3204.

# FEEDBACK LINK-UP FEEDBACK

Dear Friends,

Thank you for a wonderful read for so many years. Need for info – **CULTIVATION OF LISIANTHUS** in eastern Melbourne area. I keep killing mine. Have Jerusalem artichokes for anyone who wants them and organic barley seed – SAE please. We are doing it on a suburban quarter-acre block and still learning. Another 40 years should have it whipped.



Othelia McKain,

113 Lemont Ave, MT WAVERLEY 3149.

Dear Ladies,

I am trying to prepare at home some **FRUIT PRESERVES IN ALCOHOL**, but I do not intend to end up with something looking like pathology experiments and/or botanical sample specimens. The alcohol has to perform the dual task of giving long shelf-life to the preserve and flavouring, savouring, and eventually giving a pleasant appetising aroma to the lot. I do not intend using (as perhaps indicated in other recipes) brandy, cognac, whiskey etc, but rather an imported spirit that when undiluted comes with a label stating 96% alcohol by volume!

The uppermost troubling difficulty, the one I haven't yet learned (mastered, rather!), is to sweeten the alcohol. It would appear that sucrose (otherwise better known as plain sugar from cane or beet), just as it comes out of the commercial packet, is incompatible with alcohol and just won't dissolve in it. If the alcohol is very diluted, then the two can be coaxed into mixing intimately (total dissolution) by long hours of shaking the container. Even so, regular, constant and repetitive results cannot be guaranteed. If the preselected concentration of alcohol is too high, then the sugar simply lies at the bottom of the container and there is no trick on earth known to me that can make the two combine: it feels and looks like trying to dissolve sand in the same conditions.

Now, somebody came to the rescue (with good intentions but no real experience, just reporting somebody else), advising to use something called sugar syrup. Bought in the supermarket a few different samples of such labelled stuff, but results were not appreciably better. All other suggestions made to me have been tried, unsuccessfully. Can anyone with a tried and true method please help?

Eugenio Muratore,

695 Lower North East Rd, PARADISE 5075.

Dear Grass Roots,

This is my first letter to you after 15 years of happy reading. When I first started reading GR I lived in a small unit in a noisy suburb in Sydney, it did not even have a balcony. Now my son and I live in a country town near the beautiful Snowy Mountains. We live in town on a **HALF-ACRE BLOCK**, with a lovely outlook of fields and trees and hills. I've just started growing vegies and started with a small no-dig garden and had great success (except for the plants that haven't survived our summer frosts!). The herbs especially do well. We've also acquired a few animals. I'm very much on L-plates with all this, but am having a great time learning. I work 20 hours a week at the local library and am always bringing home books on organic gardening, raising chooks, self-sufficiency etc. By reading GR and books, and from talking to people I am slowly building up my knowledge. GR has been a great source of inspiration and just plain old entertainment. I love sitting with a cuppa and reading Feedback and Megg's news, and all the wonderful articles. Life in a country town is busy, but in a different way from the city. When talking to my city-based sisters I remember what a rat race I've left behind. I'm not aiming for self-sufficiency, just a simpler, more balanced life. This is my dream and I am truly lucky and I thank the GR team and readers for 15 years of inspiration. Keep up the good work!

Sue Bayley,

12 Mulach St, COOMA 2630.

Dear Megg and Mary,

How many of you have periods of loneliness, boredom, a feeling of isolation? I love the thrill of sharing feelings and ideas with new people and have a hunch many of you who like GR are similar social beings. I worry that relationship problems in particular are made more intense by the fact that mostly we haven't a 'network' of friends or family to encourage our personal wellbeing. How often is it said you shouldn't expect one human to fulfill all your needs?

I am greedy to allow myself to be happy on as many levels of consciousness as possible, including reaching out to celebrate living with others. I can't be content just looking out for number one.

Please let me know if you are catching on to my 'wavelength'! I want to know if anyone else cares about the sad pain of loneliness which can be experienced in small or incredibly soul destroying ways. An old friend of mine suggests creating a new magazine, just for starters, to help people find their kindred spirits. We may be just around the corner!

Margaret Anne,

15/40 Sedgebrook St, SPRING HILL 4000.

Dear GRs,

A half-glass of good brand **TONIC WATER** is good for cramp. A bottle will keep a long while in the fridge and is effective with or without gas. Avoid cheapie brands.

Several people have written in about CFS, psoriasis, colitis and other **BOWEL COMPLAINTS**. There is a book available that would be a great help. It is the *Care & Feeding of the Irritable Bowel*, from P Eyres, PO Box 12, Greenwood 6024. The infiltration of synthetic sweeteners over the last twenty years has wrecked people's health and this book exposes this and guides people to a healthful life. Toothpaste and ham are sweetened with synthetic sweeteners, which annoys me.

June Connelly,

60 Braeside Drive, LAUNCHING PLACE 3139.

Dear Mary,

For J Fleming who asked about scabies. It is caused by the itch mite *Sarcoptes scabiei*, a kind of tiny microscopic spider. The female burrows into the skin, leaving a tunnel that itches and itches. Usually these tunnels are found between fingers, in the genital region on men and on the breasts of women, along the belt and bra line, and inside the elbows and wrists. Under crowded unhygienic conditions scabies may become epidemic. Liquid storax used undiluted or mixed with two to three parts olive oil, as well as oil of thyme and kamala will help control scabies. Kamala (*Mallotus philippinensis*) is used externally for scabies. Storax (*Liquidambar styraciflua* or *L. orientalis*) is also called levant. Use 10 drops of thyme oil to one teaspoonful of alcohol and apply to the area every three hours. The next day and thereafter apply neat lavender oil three times a day.

A Crawford: sawdust is the main ingredient spoken about in all books I have for smoking foods.

R Winterbum: tongue lettuce is also known as cos lettuce.

Address was requested of Rose Lewis, PO Box 225, Wyong 2259.

For carpal tunnel syndrome massage both hands, arms and shoulders twice a day with marjoram oil 10 drops, lavender oil 10 drops, eucalyptus diluted in 30 ml vegetable oil.

To preserve eggs you need 4.5 litres boiling water, 1.36 kg lime, 226 g salt, 28 g cream of tartar. Pour water on the lime, salt and cream of tartar. When quite cold, pour over the eggs which have been carefully arranged in jars. See that no eggs are uncovered. Tie the jars over with thick paper. Store in a cool place. Alternatively, use one small bottle olive oil, salt, 25 g beeswax. Warm the oil and melt in the beeswax. When cold it should be the consistency of butter. Rub all over the eggs, and pack in coarse salt. Keep in a cool place. This quantity should grease at least 40 dozen eggs and the cost is not very much. The same salt may be used year after year.

Colin Law,

C/- PO Box 117, SEYMOUR 3661.

# FEEDBACK LINK-UP FEEDBACK

Dear GR,

A friend gave me a copy of your mag and I couldn't put it down. I read it from cover to cover thinking finally I've found some real people doing the same crazy things as we are. I come from a traditional farming background, moved to the city for that supposedly better lifestyle of executive office job, large mortgage and exciting social life. Then I met my partner who really looked at life from a different view. We went travelling around Australia for a year, looking for something else out of life. We didn't have a clue what we wanted to do, just something different from what was expected.

After extensive late night discussions with my farmer dad; a fascinating permaculture course; lots of reading, questioning and evaluating; we had a plan! We bought a beachfront bush block of 47 acres right next door to my dad's property. We found a cheap, but solid relocatable shed to put on site and make very comfortable. I sold my town house – which was quite difficult but necessary. My partner kept his small shack as our weekend getaway. I applied for a year's LWOP from work, and here I am finally!

My partner works two days a week in the city – he actually enjoys his work and the money is a safety net for us as we set up! I've had plenty of time to sit and reflect and I do not regret jumping ship at all. I must get over the fact that I feel guilty for enjoying myself so much. I help my father four to five days a week, but I don't see any task as 'work'. He's teaching me so much, and I've got so much more to learn that I don't want to miss a minute. I must admit hard labour (ie wood splitting, building) does take some getting used to after years in a sedentary job, but don't you feel great! The most important change for me, is I finally feel 'at home'. A weight has been lifted from my mind. I feel relaxed and I don't need to worry about anything. I have minimal living costs, so I need minimal money. Very simple.

We are incredibly lucky to have my family next door to help out in so many ways. Dad's expertise on all things farming is invaluable and the use of machinery and equipment for free is very handy! We are also teaching him a thing or two, as we challenge the norm and investigate alternatives. Thank you GR for getting together like-minded people – so I don't feel alone!

Janet Hansson,

Adventure Bay, BRUNY ISLAND, Tas.

Dear Megg and Mary,

We are leaving the big smoke to live on **300 ACRES OF BUSH**. We have designed and built the house ourselves and it has the following features: solar power, gravity-feed water system, wood fuel stove with wetback, back-up petrol generator, wind generator and large verandah, just to mention a few!

Am establishing a garden and the fruit trees in winter. Have started planting ginseng for a long-term crop. All of this is from lots of ideas from your magazine! Thanks heaps!

Phillipa Jarrett,

4139 Freemantle Rd, BATHURST 2795.

Dear Megg,

I am looking for the words to the song 'The Runaway Train', and also the words of the old song 'The little red patch on the seat of my Trousers'. [?]

Has anybody got a handle for a Mitchnell 302 saltwater reel? Please let me know.

AS Mann,

No 4 Cannon, TOOWOOMBA 4350

Dear GRs,

We have finally made the decision to **MOVE TO TASMANIA** after many visits and much planning. We have read the pros and cons of this move in past GRs, but would love to hear from anyone who has done this and could give us some tips. After pricing removalists, we've decided to sell most of our furniture and gear. We will need to find work too, so will probably head towards Hobart and surrounding areas to start with.

Also, would anyone know of any cures for a **HEEL-SPUR**? Doctor recommends cortisone injections – sounds more painful than the problem. Have checked alternative remedy books to no avail. Mail to this address will be passed on to us, thanks!

C & A Van de Kley

C/- Post Office, SELICKS BEACH 5174.

Dear GR Readers,

We'd like to invite you to take part in Australia's second **SURVEY OF BEEKEEPING WITH NATIVE STINGLESS BEES**. Last year dozens of GR readers joined in our first survey and we have now published the results in booklet form to share the practical knowledge of beekeepers across Australia. But there are many further important topics that people have asked about. Hence this new survey where we are researching how to find nests in bushland or cleared land, setting up hives, favourite crops and flowers of stingless bees, preventing stingless bee swarms, and nest designs. Every survey participant, will receive a free copy of our new article, 'Supertime in the Stingless Bee Nest', and six lucky participants will receive a free colour poster featuring our glorious native bees. The survey is short, easy to complete and confidential. Please contact us for your free survey form or for more information about stingless bees.

Dr Anne Dollin,

Australian Native Bee Research Centre,

Reply Paid 47 (no stamp required),

PO Box 74-G4, NORTH RICHMOND 2754.

Fax: 02-4576-1196. Email: anbrc@zeta.org.au

Dear GR Readers,

I'm trying to buy a book on **WATER DIVINING** and am wondering if anyone has such a book. If so, would you please let me know, plus tell me the author's name and the price of the book.

OJ Seaman,

789a Freemans Drive, FREEMANS WATERHOLE 2323.

Dear Grass Roots,

I would like to let you know that from early adolescence I have devoured every publication I could lay my hands on dealing with smallholdings and market gardens, and for the last many years have enjoyed every copy of *Grass Roots*. Now, however, I have left three score years and ten over 14 years behind.

How I wish I was 20 years young again on four acres, beside a meandering stream, as self-sufficient as can be, devoid of the disasters of the daily press and radio, with a patient wife beside the stove of my rustic homemade abode. Outside, the happy company of birds and domestic fowl, a tail-wagging Labrador at heel, a weekly trip, perhaps with horse and sulky, to a village store beside a railway siding for stores exchanged for our vegetables and eggs, and maybe our farmhouse cream or butter.

Life was slow and peaceful then, in my youth, although left whilst overseas during the war years. My children are long departed from the family nest into the land of lights and noise, but my dear companion of like age is still beside me, quietly reading, and me miles away in dreams of long ago, living mainly in the past, happy and content with hosts of memories of the years gone by to keep me dreaming through the daylight hours.

I am eternally grateful for the pleasure you have given me over the years. I am sure others will gain much from your instructive and enthusiastic columns wrapped in a love of our land. As an old-age pensioner I now have very little disposable income, and bills still arrive at the siding, but I think of you with great affection and gratitude. Please forgive me now. I feel a little snooze coming on.

Charles Eadon-Clarke FRGS,

9 Sutherland Close, GUILDFORD 6055.

*Thankyou Charles. We were very moved that you took the trouble to share your reminiscences and generous words of praise.*

# FEEDBACK LINK-UP FEEDBACK

## Dear Grass Roots Readers,

A lovely friend of me and my wife has **PARKINSON'S DISEASE** in a fairly advanced form and over the years it has inexorably progressed. She has accepted her lot with a brave heart. Although there is at the present time no known cure, has anyone an alternative treatment which can slow the progress of the disease? Your replies will be much appreciated and acknowledged.

Don Mackay,  
12 Ayrey St, WILLAURA 3379.

## Dear GR,

I have just been **CONTEMPLATING DEATH** in a matter of fact way because I figure that sooner or later I may snuff it, all things being equal. I don't expect that I'll kick the bucket just yet, but bearing in mind that my children may be in a state of shock/trauma/grieving I thought that if I did some groundwork before the event I might get a cheaper rate by ringing around and getting a few quotes, haggling and so forth. The GST bill will be less for them, and I don't like the GST, otherwise known as the Government Stealth Tax or the tax we would never ever have.

The very cheapest cremation etc I have found costs \$2076 and GST is not included yet, so it will be increased. This is made up of the following:

- \$525 cremation fee (cheaper than burial)
- \$595 coffin cost
- \$795 mortician's fee – no transfers after dark and no mortician's make-up, pennies on eyelids etc. (I'd prefer cucumber slices actually.) No service provided. What does this mean?
- \$120 doctors certificates (2 @ \$60 ea)
- \$41 Registrar of Deaths, Births, Marriages certificate fee

\$2076

If any GR readers know of a cheaper way to go please write (not smarties please). I'm not averse to a burial at sea, so if anyone has an old MG-B (motor gun boat to you) please quote me. Being buried at sea has the added attraction that none of my ex-wives will be able to dance on my grave, well not for long anyway. Any saving of burial costs will result in more kegs of beer being available at my wake, and all GR followers are invited. I think a wake would be a more joyous event than a service (whatever that means). The actual legalities of all this are a mystery to me, so please explain if you really know (again, no smarties).

Anyone watching 'Global Village' programme on SBS, Thursday 23rd December 1999, would be left wondering why Australia can't do what Spain has done for years. Namely, using the open spaces, solar energy and water to produce huge amounts of vegetables on desert land. The desert region of Andalusia in south-west Spain, south of Seville, has been transformed using 'glasshouses' of plastic sheeting resting on a steel reinforcing mesh support system which covers hundreds of hectares on each farm, and underground water. Maybe our tangled web of restricting laws and regulations on everything from local council building codes to the labour to pick the crops effectively cripples Australia.

Roberino,  
Lot 4, ARRAWARRA BEACH 2456.

## Dear GR,

**I WANT TO DISTRIBUTE** environmentally friendly products of all types. Anyone out there that would like me to distribute their products please send a catalogue or photos with descriptions of how the product is eco friendly.

J Saunders,  
50 Pearce St, CRIB POINT 3919. Ph: 03-5983-6128.

Contributors and correspondents who want letters or articles returned are requested to include correct postage.

## Dear GR Friends,

Hello, and thank you for your fabulous magazine. My boyfriend and I have recently purchased a lovely sandstone cottage on acreage, near Dubbo, and are thrilled. There is a small problem, which we are very concerned with – **WHITE ANTS!!** Does anyone have a solution to this problem that doesn't involve any harmful pesticides or chemicals? If so, we would be truly grateful for any advice.

Penny Lawrance,  
38 Radio Ave, BALGOWLAH HEIGHTS 2093.

Articles on white ant/termite control have been in GRs 77, 88 & 99.



## Dear GRs,

I have been an avid reader of GR for many years and this is my first letter. My husband and I had a small farm in the Sunshine Coast Hinterland where we had a large variety of fruit trees and vegie gardens, all organic. We used to supply the local co-op with our produce. We also had free range hens and raised calves, but unfortunately we had to sell our lovely farm because of my husband's health problems. We are now on a house block on the coast and I certainly miss our farm as there is no room to grow our vegies except in polystyrene boxes. *Grass Roots* has been very helpful to us with its handy hints. Many thanks to all those who have contributed.

Would anyone have, or know where I can purchase, a **WOOL WINDER**? It is a plastic device that winds the wool from skeins into a ball. Would anyone also have a recipe for a **NATURAL COUGH LINCTUS**?

June Hamilton,  
2 Utah St, Aroona, CALOUNDRA 4551.

## Dear GR Readers,

There is a persistent problem in my area with **MILKWEED** (*Euphorbia drummondii*), also known as caustic creeper, caustic weed, creeping caustic, mat spurge or balsam.

I have consulted several weed management texts and I can find no suggestions as to how to control this weed. By preference, I'd like some form of management that is nonchemical, although out of frustration I have resorted to various sprays which appear to have no effect whatever upon the plant. It would appear to be perennial, as new plants grow in the exact spot from which existing vines have been torn up by hand.

The best method of control I have come upon thus far has been to remove new plants manually, preferably as soon as they appear but certainly before the seed pods (which are rather like a choko in appearance, but contain thousands of seeds attached to a short length of silk-like material to help them spread via the wind) ripen and burst. If anyone has experience with this weed, could you propose a better method than the one outlined above?

Gerard Newham,  
239 Richmond Rd, CLARENDON 2756.

## Dear GR Readers,

Anyone with quality tips on **GROWING VEGIES IN POTS?** We would love to hear from you. I noticed the letter from Jo (last issue?) asking about vendor finance. We would be interested in talking to Jo or other GR folk about selling our 4 1/4 acres – about two hours from Canberra – on interest free terms, low deposit, and payments spread over four years – or faster if you like!

Also, if anyone suffers from memory loss, my mother who is in her early 50s suffered from 'foggy brain syndrome' and couldn't remember her postcode let alone her phone number! A health practitioner told her about a natural supplement and her memory improved within days. She still has memory blocks, but is about 90 percent better. A friend of hers found the same supplement settled her ADD kids. Send a stamped, self-addressed envelope and I'll send you information on it.

Ramana,  
297 Sister Tree Creek Rd, KIN KIN 4571.

# FEEDBACK LINK-UP FEEDBACK

Dear Megg,

On page 8 of GR137 you published some helpful and accurate information on **LP GAS CYLINDERS**. However, there is a very significant hidden cost in buying these cylinders that many of your readers may not be aware of. The figures that follow apply to the town of Mackay, Queensland. The cost may well be higher in other places but the principle will be the same.

When you buy a gas cylinder take note of the date stamped on its upper flange. A nine-litre cylinder will cost \$50. When you go to have it refilled the filling agent will not refill if the cylinder is ten years old or over. You will have to have it tested and this will cost you \$30 plus the cost of gas. If you buy a cylinder stamped 2000 in the year 1990 it will have cost you \$5 per year to have the use of that gas bottle. If you buy the same cylinder in 1999 you will have paid \$80 per year for the bottle, plus the cost of the gas!

Cost of bottle = \$50

Cost of testing = \$30

\$80

This is grossly unfair, but if you multiply that \$30 testing fee by the thousands of bottles in circulation you will understand that it is a very nice little rip-off that is justified in the name of safety.

Most retailers advertise that a bottle has a ten-year guarantee. This is really not true. The guarantee applies from the date stamped on it at *manufacture*, not from the date of purchase! The retailers will not go out of their way to point out the date stamp on the bottle, so it is up to the buyer to be aware. If you leave the purchase of a bottle until the last minute you will have 'Hobson's choice'. My advice is to buy your gas bottle well in



advance of your trip so that you can refuse a bottle which may only have a year or so left before mandatory testing. Insist that a bottle dated for the year of purchase is supplied. You may be able to negotiate a lower price for a bottle which has an imminent 'use-by' date, but I would not hold out much hope for this. Good luck and canny buying.

Bob Hollis,

20 Hocken St, NORTH MACKAY 4740.

Dear GR and Readers,

Can any of your more 'mature' readers enlighten me on **THE PORTABLE SOLIGHT OVEN?** I quote from a photocopied advert (dated 1953): 'Powered by two 200 watt electric light globes, uses  $\frac{1}{8}$  the power of an ordinary oven, needs no preheating, food begins cooking immediately.' Used for a wide range of cooking – baking, roasting, boiling, frying etc, Solight Patent Ovens were made under licence by L F Hayman Ltd of Auckland. Master distributors: Appliance Distributors Ltd, 144-146 Victoria Street, W Auckland CI.

Why it would have faded from the scene is beyond me as it appears to be a brilliant idea. Perhaps it can be resurrected. It would leave the conventional stove for dead! Any info or ideas re the above would be greatly appreciated as I'd dearly love to acquire one.

Nina Chalker,

6 Maxwell Rd, HACKHAM WEST 5163.

Dear GR Readers,

It's been 10 years since my last letter, although I try to help people with info when I can. Then I had just divorced, and was feeling very alone and lost. Since then I have lived in many places, including NZ, and now I find myself still alone and lost. I have decided to move back to NSW at the end of this year and am now looking for somewhere for me and my kids to settle. I would like to make some GR letter-friends before I move, as I'm looking for a place I can belong. Anyone who'd like to write, **BETWEEN PORT MACQUARIE AND QLD BORDER** preferably, please do. Tell me about where you live, work, rental, school, social situations, and why you love it. Thank you in anticipation.

Rhonda Moat,

7 Park St, GEELONG 3220.

Dear Megg, Mary and GR Readers,

First, thanks Megg for your treasured letter. And what can I say to all your readers who have written to me since my letter appeared in GR 137? **MORE THAN HALF OF AUSTRALIA MUST BE READING GR.** Will you all take this letter as the answer to yours as I am not up to writing a lot of letters at present? You see, my husband died on 5th December and now I have to do everything myself. The silence in the home is 'deafening'. I can still hear him saying 'goodnight sweetheart' as he tucked me in of a night. Oh dear, what cruel things are these strokes. Years ago you seldom heard of strokes, heart attacks and cancers. Now, even children have cancers.

To Mary: I have six books: *At home with Marjorie Bligh - a household manual*, *Marjorie Bligh's Homely Hints*, *Marjorie Bligh's A-Z on gardening* (last three are all \$15.50 posted); and *Tasmania and Beyond*, and *Life is for Living* – \$19.50 each posted. I have been writing a hint column in *The Advocate* for 29 years, and they also have 12 months supply yet to use. I write all my books by hand, pay for the printing, store them everywhere in my home, and wrap and carry them to the post office, and I am 83 in April. I have given thousands away to schools, charities, old people's homes, hospitals, tour bus drivers throughout the world, and many many more. I have even been invited to Buckingham Palace with them and my photo there is in one of them. In fact, most of the royal family have my books. My first one was published in 1965, after winning nine silver cups at shows for all manner of things.

Thanks to Maisie Lee for sending pictures of campanula and Digger's Club address. Does all this answer your letters: Betty – Yanco, Mavis – Taylor's Beach, Marjorie and Sally – both W Aus, Phyllis of Copping, Julie, Brenda and Lois – South Aus, and Val of Melbourne? To Betty Taylor of Healesville – I was so thrilled with your letter. I am thrilled to be nominated for Citizen of the Century, and also to carry the Olympic torch in Devonport, Tasmania, in August. God bless you all. What a band of wonderful people and thanks to all others for advice and kind words.

Marjorie Bligh,

163 Madden St, DEVONPORT 7310.

*We were so sad to read of your husband's death, please accept the condolences of all at GR. Congratulations on your own fantastic achievements. We look forward to seeing you carrying that torch – please give a special wave to all GR readers who might be watching.*

Dear GR Readers,

Thank you for a great magazine with all the information and news from everywhere. My husband, Ray and I, Terry, are hoping readers may be able to help us with suggestions. We are going to **BUY A BUS** and look for a suitable piece of land for our dream in Queensland. We are interested in central to south-west Queensland. The block of land needs to be fenced and from 20 acres to 250 acres. We are hoping to be as self-sufficient as we can manage, with the hope of using our skills to barter for help with what we cannot manage. We are also hoping to build a minimum maintenance house, all of this as chemical free as possible.

We are self-employed and are looking into diversifying our current business. We are interested in using our skills for barter also. At the moment the majority of our work is in the transport industry.

I am a **CHRONIC PAIN SUFFERER** and I would be interested in writing to other readers in this situation to swap ideas and information. I have heard of a new exercise/pain management technique and I wonder has anyone heard of Roling developed by Dr Ida Rolfe.

We need somewhere we can retreat to, but due to circumstances I cannot be too cut off from the everyday world. One of the symptoms of my illness is an aversion to loud sounds or a lot of noise. I find crowds a bit much as well. I can cope with all of this as long as I have somewhere I can go to centre myself again. If readers can help with advice and suggestions it would be greatly appreciated.

Ray and Terry Campbell,

PO Box 228, CLONCUNRY 4824.



# FEEDBACK LINK-UP FEEDBACK

**Dear GR Crew,**

I've been reading GR religiously since January 1990, but it is now that I need the common sense of readers to shed some light on a dilemma of mine. Upon numerous discussions of my idea with friends, they have tried to talk me out of it, or have said that I've lost the plot or I'm mad. Only two have said go for it! My mother says I've already made up my mind. Either way I just need more input.

Well, a bit about My Brood to start off the picture. I'm in my early 30s with four beautiful children: eldest Rebecca 15, intellectually handicapped, a great kid; Nathan 6 going on 12, Nicole 4, the Escapee we call her because we have tried everything but when your back is turned she's off, never very far but loves the great outdoors. The newest and last Liam 10 months, the happiest baby I've seen, always has a smile for you.

Well, I love a challenge. I was a house cleaner for five years then decided I wasn't going to clean houses for the rest of my working life. Plants were always a hobby and passion so, with only a year-eight education, went to TAFE to become a horticulturalist. Couldn't find permanent work, so I decided to create my own. Here I am in my little preloved clothing shop for the past 2½ years, which I am really proud of. But, my dream is to own my own little piece of Australia and to give my kids a country upbringing as I sort of had.

For the past two years I have had particular interest in the Feedback and Grassified sections of GR and the property guide in *The Land* and in a number of other property for sale sections/papers. To cut the story a little shorter, I think I've found a little piece of Australia. But, why is there always a but or buts? It's only ½ an acre with a very rundown but liveable four bedroom house. There may be a chance to acquire more of the surrounding land and I'm making enquiries to see if it could be done. Also, its near Walgett in central NSW where there's only two degrees of heat – bloody hot and even bloody hotter. However, this doesn't bother me because I spent some of my early teens at my aunt's nearby at Pilliga and was born and practically raised at Narrabri. But this does worry my husband.

My shop is regretfully for sale, and hopefully with the sale I'll have enough funds to buy the house/land, with or without my husband. You see my dilemma is, I can acquire the house/land for a fraction of the price it would cost to buy a block and build, whether it be at Walgett or where I am here on the coast. I've looked elsewhere, but they just don't measure up, cost or otherwise. If I decide to let the chance go by I'll always wonder what if! Can anyone out there give me some insight to my dilemma!

**Pam Bettison,**

**3/5 King St, RAYMOND TERRACE 2324.**

*Good luck with your decision making Pam. Remember, the potential move to Walgett does not need to be regarded as permanent. Perhaps if it was looked on as a stepping stone others in the family might be more enthusiastic.*

**Dear GR Readers,**

We've been readers of this mag for many years and we now wonder if anyone can help us. We are looking for a small home or cottage where we can go bushwalking, old-time dancing and, as we are both crafty, we'd like to be in an area of like-minded people, somewhere where it's not too hot – maybe Tassie.

**Peg & Alan Shepherd,**

**Box 245, GOOMALLING 6460.**



**Dear GR,**

My husband and I are both keen gardeners and have used many ideas read about in GR since obtaining our own 5½ acres. We bought a 'blady grass block with a view' on a small community five years ago and with a pioneering GR spirit have transformed it into an **INTENSIVELY PLANTED FOOD GARDEN**. We have most tropical fruits,

heaps of citrus, stone fruit, nuts, bananas, apples etc (about 300 last count). Also have a 30 metre long vegie garden and herbs, shrubs, flowers and native gardens, all lovingly edged with rocks and logs, pathways and terraces. Over the years we've found many answers (from alternative power information to stone retaining walls) in the pages of GR. In our first year we had only dam water and a petrol-run 'army choofer' for hot water (hard to explain but basically a 24 gallon drum with an inserted chimney that is heated with a petrol drip). It was quite an effort (with four children) as it took half an hour to heat, then you had to lift out the hot metal chimney and lug the drum to the (out-side) bath then heave the water in! The result was a sooty hot bath (better than nothing, but not the ideal – especially after gardening all day in the hot summer!). Nowadays though, we have a wonderful gas hot water system, more rainwater than we need and even the garden is irrigated (after years of hand-watering and rationing). We've slowly progressed from a caravan (a bit claustrophobic for a family of six after a while!) to a pole-framed shed with lots of room, made from recycled materials. The problem is that now that we've done all we have, we're itching for bigger acres and bigger challenges! Not that we don't appreciate what we have. Anyway, as multiple occupancies are a cheaper alternative than freehold acres, perhaps some reader out there who is wanting a self-sufficient lifestyle may find their dream in our place. We really hope all the muscle pains and hard work we put in, go to help someone with similar GR ideals to get started – and that the gardens continue to be loved, eaten and appreciated! Anyone interested please write. Thanks for all the wonderful help in the past, looking forward to the next 25 years of reading.

**Lynne and Mark Bennett,**

**PO Box 48, Rock Valley via LISMORE 2480.**

**Dear Grass Roots,**

Can you help? I would like to be able to get in touch with **WWOOF** as we have 25 acres with two log cabins on it, no power but plenty of water, which we would be happy to rent exchange to like-minded people, in the mountains 150 kilometres from Bundaberg in QLD.

I also have copies of GRs: 1, 7, 8, 9, 11, 12, 13, 14, 15, 16 & 17, that I will sell to someone wanting to complete their set. Any idea how much? They are in good condition. Also have *Earth Garden* issues 1 to 40, and GR 19 to 41, and *Organic Growing* 81 to 83. All of these are for sale as we have taken what we need from them.

I have enjoyed your GR from the first copy and still buy it when we can afford it. You have done a wonderful job and have helped us in achieving our own dream on the land. For that we thank you and wish you many more years of keeping the dreams alive.

**Jerry and Mark McCauley,**

**Cl- PO Box 117, SEYMOUR 3661.**

*WWOOF can be contacted at: Mt Murrindal Co-operative, Buchan 3885. Ph: 03-5155-0218*



**Dear GR & Readers,**

Thank you to all those kind people that sent me seeds when requesting hibiscus spinach and Italian parsley seeds. Many of them I have not got and can't wait to try them. I still have more of these seeds as I just had another harvest of them. Please send a 45 cent and SAE to receive them, and notes if needed.

Please has somebody got a recipe for **CRACKER TYPE BISCUITS** (Sao and crispbread type)? I am also after a recipe for making **WHITE VINEGAR** using only vinegar (and doubling it with water I think?). I read it somewhere but do not know the quantities or method. I use vinegar in the rinse cycle of the washing machine to get out all the soap.

Still searching for **HAMBURG PARSLEY SEEDS**. It has a parsnip-like root that is edible. I will swap other unusual seeds for it. Happy gardening.

**Jodie,**

**215 Gan Gan Rd, BOATHARBOUR 2316.**

# FEEDBACK LINK-UP FEEDBACK

Dear GRs,

Hi! I have only read a few issues of GR magazine, but it has certainly helped me formulate a plan which I need advice/help in carrying out. I was the victim of one of the pitfalls of city living, and as a result suffered a breakdown. I was placed on a Disability Support pension (five years ago), and moved to Wollongong, where I spent several years (till recently) in voluntary work. I recently received a small compensation payout (as a result of the attack on me in the city), of which half will automatically go into paying off old debts, but I will find myself with eight or nine thousand dollars left over. I have no family in this country, and I need to invest this money into something that will provide me with a pleasant place to live. I have lived in flats for many years and hated them. I am at present living in a flat, and it is doing nothing to help me recover. In short, I am eager (almost desperate really), to move into a place where I can **LIVE UNHARASSED**. I do not have enough money for an acre or so just outside of Wollongong (which would be my ideal), but I have enough for a few acres (or one or two) out in the country/bush somewhere. I will definitely be taking a dog for protection (and seeking advice on what sort of dog is best, and how to protect it from ticks etc). Does any GR reader have, or know of someone with, a property I could place a \$500 – \$2000 deposit on and do an owner rent-to-buy thing? All states/areas in Australia considered. I would prefer one with a small cottage/house on, or even an old caravan. Ideally, power and water would be the go, but I can buy a diesel generator for power, and maybe set up a rainwater tank for water. It would be nice if there was fertile soil on the property (though not essential I guess), as I very much want to grow vegetables and maybe a couple of fruit trees, to sustain myself. I do not have a vehicle yet, but I am looking to buy something later on, for around a thousand dollars. I am fairly adaptable and reasonably intelligent and will, I believe, with help from GR readers' input, be able to adjust to this type of life. I need advice, and also I need a few acres (or 1 or 2) to buy, with deposit/rent-as-you-buy scheme. I would appreciate any advice readers could give on how to grow a garden on infertile soil, cheap water catchments etc. I will have a small garage sale and sell off my high-heel shoes, fancy clothes and a few knick-knacks in place of buying some sturdy gumboots, a spade, a shovel and a little camp oven!

C LaVita,

Unit 4/28 Farrell St, BALGOWNIE 2519.

*Pat Coleby's series on buying a farm, GRs 126-131 inclusive contains a great deal of information relevant to your situation.*

Dear Grass Roots,

I am a single woman with a teenage daughter. A year ago I sold my Victorian cottage (3 kilometres from the GPO) and moved child, cats, dog and myself to a farmlet of 68 acres in the **CENTRAL GOLD-FIELDS** of Victoria. I bought some point-of-lay Rhode Island Reds and built a chook shed out of recycled materials. The chooks free range and supply me and my friends with the best eggs you could have. Until I finish fencing the vegie garden the chooks make home-grown vegies impossible. That is underway, but has to be done as I can find, scrounge, buy the chicken wire. For my first year I ran 10 Angus steers and, except for chasing them up and down Avoca Rd, herding them out of my neighbour's organic vegie garden (she was very good about it), and waking up to find one of them happily standing in my shadehouse and looking at me, all went well, with a small profit at the end. I have five dams and would be interested to hear from someone who could give me information about stocking them with fish (the yabbies are delicious). On my property I have five acres of regrowth timber. The land underneath has been pitted with old diggings. It is largely white pipeclay and quartz rock. Any suggestions on **GETTING AN UNDERSTOREY GOING** – especially if it could have some food value – would be appreciated. Also plans/information on building a wood-fired kiln – it seems a pity to waste all that white clay. Safe journey to you all.

Joan Good,

RMB 211, DUNNOLLY 3472.

Dear Grass Roots,

In GR 137 Roberino writes about the juice in shop-bought fruit tins. When they are on extra good special I do buy them, but freeze the juice as ice blocks for my sons and now my grandchildren, they go down very well with them on hot days and it's better than tipping it down the sink. The ants here would love the juice if I put it on my pot plants. Sugar has to be kept in a jar, or in they come by the thousands. The whole block is infested with them. They even ate the glue off the back of a label on a bottle of engine oil.

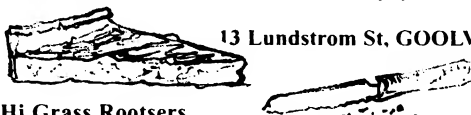
My youngest son works for a large company that owns hardware and roofing stores. He said that if you are buying in large amounts ask for a discount before buying, and if you have cash push for extra discount. He said most places are after customers, so barter with them for a better price. Senior cards are welcomed where he works but show it first.

Karen Fiala: **KANGAROO ISLAND** is mostly chemical free. There are health farms on the island. The only way onto it is by ferry from Cape Jervis, 100 kilometres south of Adelaide. It's an expensive trip over with the car, but worth a visit as it's a beautiful place and the locals are very friendly.

Re **MOZZIE ZAPPERS**: My friend has the bottle type: she puts citronella oil in hers and it keeps the mozzies out of her home. Maybe that would be better for you.

This is my boss's **QUICHE RECIPE** I thought you would like to try, it's very delicious. You need 1 sheet puff pastry baked in a hot oven 10 minutes. Allow to cool. Put any filling that you like in it up to the top of the tin. Put about 400 grams grated cheese on top to a heap in the centre. Beat three eggs into one large soup ladle of thickened cream. Slowly ladle onto the cheese until all used. Bake in moderate oven about 1/2 hour, or until cheese has melted golden brown and set. This freezes well. She uses 30 centimetre pop-out trays or quiche trays.

Robyne Neal,



13 Lundstrom St, GOOLWA BEACH 5214.

Hi Grass Rooters,

I look on this mag as a place to enjoy friends I will never meet, a place to learn, a place to dream – you give me hope. Now I need a place to live. At last the house is on the market but I have nowhere to go. Can anyone help? I am originally from **PHILLIP ISLAND**, Vic. and would love to return to that coastal area to raise my darling one year old daughter by the ocean, far from the madding crowd. I am a 40 year old new mum who has found the serenity to 'let it be', a Reiki II channel, lifelong vegetarian. I am financially secure and have the deposit for my own small place but would like to rent/share/caretake for a while first. I am a reclusive person who 'loves not man the less, but nature more' and I'm good with all animals and children. I have everything to learn about growing my own food. I only use organic or biodynamic produce now. I have a dog (female Red Heeler) and two cats – both old and neutered and well controlled. They're not killers, though one is a ratter, and I intend to build an aviary for them. I have an ex-ambo and a very nice bus which is decked out to live in, but I would need the use of toilet/bathroom facilities. If anyone can help please call Angel on 03-9738-1221.

Also, for migraine sufferers, at first sign of flashing lights drink the juice of two lemons undiluted. Lights may continue but pain won't come on. Drink lemon again if lights return. It's also worth trying if no lights occur but pain behind one eye. This really works. Call me if you would like to discuss this – or just want to say hi.

Angel-Wolf (Pisces),

C/- PO Box 117, SEYMOUR 3661

Dear GR Reader Sharon,

I thank you very much for your beautiful letter and as much as I would like to write back I do not have your return address. I have received your gifts and the book *Living Boldly* and I would like to repay you, so could you please send your address ASAP.

Monica Smejsa,

500 Moolboolaman Rd, GIN GIN 4671.

# FEEDBACK LINK-UP FEEDBACK

## Dear GR Readers/Friends,

Although this is our first communication to this section we have read avidly and learned much over the 17 years we have been GR readers. We live on ten acres 14 kilometres from Geraldton on a block which was an old tomato growing area, and we have had our battles: yellow sand causing subsidence and water drainage problems, large king browns and leaking roofs, to give a few of these. Our transportable was one of the Snowy Scheme houses so is now nearly 60 years old and was dropped by the crane out of line onto the stumps. I got some timber clamps and forced the roof supports back into line, but we have had problems during heavy rain times.

My wife Renate has learned to lay bricks, paint, be a part-time plumber and full-time gardener and I have learned all about that most useful tool the tek-screw gun, roofing, walls, large RHS shelving and of course applying my trade of electrician.

When we sit out on the back verandah of an evening and watch the sunsets and see the slow spread of the buffalo grass, the fruit trees and flower beds, it is good. We call our place 'Peaceful Acres' and it is gradually earning that title.

I am looking at semi-retirement next year and really want to get into natural/organic vegetable growing and am planning a greenhouse of say eight metres by ten metres with a sprinkler system above head height. Any ideas or suggestions from anyone who has been down that road would be much appreciated.

Finally, as a **CHRONIC ASTHMATIC**, sick and tired of forced heavy dosages of Prednisolone and all the other cortisone-based products, I came across an old book recently which provides a cure for asthma – or claims to – a 13 hour treatment using lobelia seed tea, boneset herb, cayenne pepper and peppermint teas. I have tried the herbal houses and find lobelia tea is a banned item into Australia. Surely there must be some people who have found an Australian source if this stuff is as good as this old book says. Please, if you can help I would be extremely grateful.

Congratulations to the *Grass Roots* team. We have your 25 years issue and we hope to receive the 50 year as well. Thanks.

**Ross and Renate Jennings,  
423 David Rd, Waggrakine, GERALDTON 6530.**

## Dear GR,

Thanks to GR and friends for all the information and ideas gathered over the years from letters and articles. I am presently working to pay off a property I have bought and looking forward to the day I can retire and live in the peace and tranquillity of the country, a few years away yet. In the meantime I am planning and researching what it will be possible to grow on the property and what will make an income. Am under no false illusion that working on the land or becoming self-sufficient is easy, especially alone, but plan to give it a good try.

My request of other readers is feedback from anyone who has had success with small enterprises on the land and is willing to share their ideas with me. The land I have is 70 acres of sandy loam, mostly flat, in a 500 millimetre winter rainfall area with some water available for irrigation. I would like to follow organic principles, but wonder is this economically feasible and how many years this takes after the land has been supered? Any ideas will be most welcome and I will reply to all letters or to anyone who would like to correspond – my hobbies are gardening, cooking, craft work, swimming, bushwalking, and of course country living. Does anyone have a knitting pattern for an old-fashioned golliwog I could have a copy of?

I have seeds of the **HONEY LOCUST TREE** available free to anyone who would like some.

**Vikki Ar,  
26 Weydale St, DOUBLEVIEW 6018.**

Anonymous letters will not be published. Please indicate if you would like personal details to be withheld.

## Dear Editors,

Recently, a GR Feedback letter had a bit about ringing in the ears. Eight years ago I too suffered this annoying, sleep-depriving malady which my then-local doc stated was due to narrowing of the veins in my head. No curative treatment was suggested. Shortly after this while waiting in another medical clinic I came across an *Australian Medical Journal* containing an article on bromelian being a blood thinner. This set me thinking that if my blood was thinned perhaps more blood would flow and so overcome the effects of narrowing. Also, I surmised that a thinner blood would perhaps be less strain on the heart as a side benefit. The article pointed out that bromelian is a substance found in the bromeliad family of plants, of which the pineapple is a popular member. It stated also that bromelian is in all parts of the plant, not just the fruit, and can be obtained by boiling the leaves and even the roots of bromeliads.

This info made me embark on a regimen demanding several pineapple slices with toast for breakfast and nothing else. Three months later the ringing stopped. Peace, sweet peace at last! Over time I eased off the pineapple breakfast routine and some weeks later the noise returned. A week of pineapple breakfasts annulled that worrisome ringing.

Through experiment, I found that aspirin stopped any recurrence. Much better was a 50:50 mix of ginkgo biloba and speedwell herbal tea. Ginkgo is well known as a blood vessel expander.

Because I could never guarantee getting a sweet fresh pineapple, whether smooth-leaf or rough, shop or roadside purchase, I became contented to breakfast on the canned product. As much as I would have preferred the fresh fruit, the canned pineapple did the trick as the ringing has become virtually nonexistent.

Regular helpings of a rich brand of ice cream and the satisfying of my chocoholism encourage a return of a faint ringing in the ears. Of course, it must be remembered we are individually made so that what works for me may not work for others.

**Les Horig,  
2 Whitehouse Rd, LAIDLEY 4341.**

## Dear Megg & Friends,

After 33 inches of rain in three weeks, what better timing and opportunity to sit down and drop you a few words from our wild, woolly and wet five acres in the Whitsundays. I've finally discovered reading again, many thanks to GR. My husband is a bit worried that I am turning into a 'closet GR' reader. Well, I have a lot of catching up to do as I have just discovered what wonderful information and stories are to be found in each edition. So, after putting our two children to bed each evening, I pull out my latest GR magazines (borrowed from the Proserpine Library) from under the lounge seat and begin a good motivating session with GR people. Mind you, it has always been me who couldn't keep my eyes open after reading two pages from other magazines, but now, I'm the one to switch off the lights!

Besides finding myself absorbed in GR articles about acreage, animals, gardening and various lifestyles of many and varied people, our grocery list has taken what I call a 'GR – GST-free' approach. Since reading only a handful of GR magazines, our old girls (chooks) are thankful for their internal parasite tonic (garlic in water) and we are making our own washing solution, bath soap, sausage rolls, cordial, and, dare I say it – our own ice cream (my poor husband has to be converted to this change in our dietary intake – he loves to go to his mother-in-law's house – just to eat bought ice cream). But he must not mind too much about these changes as he came home with a Valentine's present for me – Feb/Mar 2000 edition of GR, and offered me a years subscription.

My mind is boggling at the wealth of information I read and boggling with ideas that I might be able to write about that could be of benefit to other GR readers. Ahh! Back to reality, the rain has stopped, the grass is growing (you can hear it), and the kids are tugging at my legs. It's time to take my place on the floor and read . . . nursery rhymes.

**Cindy Hellier-Oliver,  
Capriogilo Rd, CONWAY 4800.**

# FEEDBACK LINK-UP FEEDBACK

**Dear Megg & Team,**

Enclosed you will have found an article which exposes the truth about **CANOLA OIL**. The group which put this out have a great reputation for showing up chemical scams which have been worked on the world's peoples for the sake of profit. If you were to explore the research they have done and the background of those who do it, you would find they have the scientific knowledge and ability to assure us that all they write is authentic, so anyone who is concerned about the effect upon us of the foods which are available can be sure that what they write is, indeed, factual.

The reason I am sending this to you is that I read in two different issues of GR, letters from different readers which tell a completely opposite and misleading story about canola, adding to the very serious health risk it already represents.

Also, I received a very nice reply from Neville Jackson about his food dryer, including a small package of Italian tomato seeds, the fruit of which are especially suited to drying or cooking. Coincidentally, a lady at the Senior Citizens also came up with a parcel of Italian tomato seeds, on the same day!

My garden has gone bush at the present time. From among the cap-sicum plants, arose a pumpkin plant, and a couple of others from the compost heap, all of them spread themselves across my lawns and around the fruit trees. They were so healthy I decided not to disturb them and now they have huge pumpkins on them, about eight or ten all told and the grass has grown up around them until it is now thigh-high – the best pumpkins that ever grew on my block. Needless to say, I am going to have a big job of clearing to do when the vines eventually subside.

I should also let readers know that I have a self-sown plant growing from manure that I put in the beds two years ago, which has seeded and produced a lot of seeds. It is delicious to eat and it took me months to discover that it is something called European leaf cabbage. It has a strong cabbagey flavour, but eaten whilst young the leaves are lovely raw in a salad. The plant goes on and on for ages when leaves are picked off. I cleared a bed of cucumbers and immediately after, up came hundreds of tiny plants. They are so hardy. I transplanted a dozen while they were at their very smallest and they are growing like fury. If anyone wants a few seeds of this I will send some out. I did not keep a great number, but what I have I will gladly give in return for an SAE, but maybe this is a common plant. I don't know.

**L Perkins,  
5 Beecroft St, HUSKISSON 2540.**



**Dear Grass Roots Readers,**

I am a reader with very fair skin, not really suited to Australia's abundance of sun, and would like to hear from anyone who knows of **GOOD ALTERNATIVES TO COMMERCIALLY AVAILABLE SUNBLOCKS**. I also have a couple of hundred moles and am interested in possible ways to remove them without having them cut out, or ways to protect them very well. The moles that have become the most dangerous to me so far have always been well covered with clothing, so I need some better form of protection. I welcome any ideas/help.

**Rachel,  
PO Box 4043, MANUKA 2603.**

Please keep letters brief, clearly written and relevant to self-sufficiency topics. Letters pushing barrows (religious, political or other) will not be published.

**Hi to Megg, Gang and Readers,**

Just thought I would write to you all, and say – hope you're all well, and that your own dreams are coming true for you. I've had to make a compromise and live in a country town, instead of in the country on our own acreage. At least we are in a nice house, which compensates. I've been making use of the library – a lot – and I'm studying at home, and today is my first day as volunteer in the local op shop.

Our big news is – we are **PLANNING A TOURING HOLIDAY** at Christmas! Finally, a proper holiday. We head north up the coast of NSW, visit my brother and his partner south of Brisbane, then up the Queensland coast, stopping to check out our house block on Russell Island in Moreton Bay, then on to Noosa area, and stay in that area for a day or two, and move on to Hervey Bay! As you can see, we aren't in a hurry to go far each time we move on. We are going to look around and explore each area we camp in. We have a Landcruiser (troop carrier) and will sleep in that along the way. Larry is a carpenter so he'll create a comfy camper in the back of our already comfy vehicle.

As we move up the coast we'll spend a couple of days around Rockhampton and Yeppoon. I believe there's a lot to see between Bundaberg and Yeppoon! It will be at Rockhampton we turn west and head out along the Capricorn Highway for Emerald. Barcardine and Longreach, and all points of interest along the way.

After our visit to Longreach we head home via Blackall, Charleville, Cunnamulla, St George, Stanthorpe and Armidale. Have to stop at Stanthorpe and visit Larry's brother and his partner and two daughters. Also hope to visit my daughter at Old Bonalbo.

We are planning to cover a good area. Hope we will meet a few GR people along the way and have a chat over a cuppa! So if any of our GR family have a load of local info they wish to share over a cuppa, please write to us, we'd love to meet and make some new friends along the way.

We plan on starting our trip around the 22nd of December, and taking three or four weeks' to do it! Our good friends Pat and Tom are going to house-sit for us and will forward any late mail that arrives after we have started our trip. Please write. We will answer all letters, and we look forward to meeting you on our journey.

**Maureen & Larry Edge,  
4 Orana Cres, TAREE 2430.**

**Dear GR Readers,**

I am very interested in **MAKING MY OWN CHEESES**, both cheddars and soft. I am hoping someone may be able to help me with recipes for these and ideas on where to purchase any ingredients required, other than milk of course!

We really appreciate the effort put into producing this wonderful magazine; such down-to-earth, informative, practical reading is a rare and treasured experience each issue.

**Rosemary Waterworth,  
278 Lorne Rd, KENDALL 2439.**

**Dear Readers,**

We have to thank you all for writing to us in response to Mary Roeschies's letter. This was a big surprise. We apologise for answering so late (redirection). We have moved from Alstonville to Dorrigo. Everybody wants to know about our programme. This programme involves a **DETOXICATION** time from four to six days, depending on medical history, age and symptoms/diseases of the client. After that you have only to replace foods/drinks. Some foods/drinks are acting as medicine with your blood type, some are acting as poison and give you the unwellness you have experienced. These foods/drinks we have to leave out of our body, and then commit to adjust to our individual body requirements. It's that easy and very simple to follow the guidelines and makes eating a satisfying pleasure. Listen to your body – it tells you when something is not right!

**Stefanie Rokro,  
265 Mountain Top Rd, DORRIGO 2453**

# FEEDBACK LINK-UP FEEDBACK

## Dear Readers,

Most tourists to Africa, while traveling in air-conditioned coaches and staying in luxury hotels, seeing the wild game in national parks, visiting Victoria Falls and other tourists spots, see little if any of the severity of poverty and suffering of the majority of Africans. Having lived in Africa for several years I can testify that death from starvation, hunger and diseases caused by malnutrition are the realities of daily life for many Africans.

Employment opportunities for Africans are few and far between. There are no social security systems in place in Africa. If you do not have employment, you just cannot buy any food.

To the casual observer travelling through Africa, many Africans are seen to be growing their own staple diet – corn. However, if the rains have not arrived or were late, the corn fields may not have developed and may not contain corn cobs. The corn fields may be subject to floods and can also be destroyed by animals and pests.

In the event of a major food shortage crisis, the world does respond by sending plane loads of food. This food does not always filter down to the grassroot levels. These food donations do save lives, but solve problems on a temporary basis only.

The question is what can be done on a permanent basis? The answer may be the humble **AUSTRALIAN WATTLE TREE!** Australia has a unique range of flora and has an incredible variety of more than 600 species of wattle trees. Australian Aborigines have been eating wattle seed for thousands of years. They grind wattle seed into a paste which is baked into a tasty and nutritious damper.

Some years ago an Australian aid organisation responded to a call from Niger (West Africa) to overcome their acute shortage of firewood for cooking. Supplies of Australian wattle seeds and the planting of wattle trees were arranged. Wattle seed has now become a source of food in that country.

Wattle trees and seeds have numerous uses, from helping address land degradation to being the basis of a variety of foods. Please note that not all wattle seeds are recommended as a food. Currently, research indicates that the trees with most potential are *Acacia victoriae* and *Acacia murrayana*. Apart from their spectacular floral display, they produce around two kilograms of wattle seed each year.

Australian wattle trees could be a life saver for Africa, Madagascar, South America, Middle East, Asia and Eastern Europe. We are interested in forming an Australian wattle seed organisation. The aim of this group would be Australian wattle seed promotion, research and donating suitable wattle seed for growing trees worldwide. If you would like to help, or have any information or suggestions or wish to participate, please write.

**John Young,**  
19 Car Heck Blvd, WINDAROO 4207.

## Dear Grass Roots,

I wonder if there is someone out there who can help me? **COMMERCIAL SOCKS ARE STRANGLING MY ANKLES.** With a 25 centimetre ankle, which I thought normal for a Westerner, and a leg calf measurement of 41 centimetres, no way can I wear 'walk socks' or short socks. I don't know how fat people go on. I'm 88 kilos and 73 years old and have never had problems until modern socks started to be manufactured, now I have to ask if someone knits socks that don't cut off the blood supply to the feet, so my feet are left without strangulation. Thanking you in anticipation and all costs will be reimbursed.

**K & E S Hamilton-Brown,**  
PO Box 1779, MIDLAND 6936.

Please keep letters brief, clearly written and relevant to self-sufficiency topics. Letters pushing barrows (religious, political or other) will not be published.

## Dear Grass Roots,

I just wanted to write to beg you to publish this letter thanking all the many people who responded to my letter in the August edition (I think) of GR last year. I was inundated with responses about my **DAUGHTER'S ECZEMA**, and of course GR readers were right on the button. She has a dairy allergy and we've replaced dairy with soy (nongenetically modified) products, and fruit-based desserts instead of ice cream, which the rest of us aren't prepared to give up! Actually, she's thrilled with what she calls her 'special nice cream'.

We also received a number of responses about my husband's depression, suggesting St John's wort, and Omega 3. He's now taking Omega 3 in fish oil capsule form, but we are realising that he actually has bipolar (used to be known as manic-depressive) disorder, so we're starting again, and want to see a specialist psychiatrist in Brisbane who deals with this. Any information from your wonderful readers would be greatly appreciated.



**Kirri Griffiths,**  
5 Eldon St, INDOOROPILLY 4068.

## Dear GR,

I would like some information on **HOME SCHOOLING YEARS 11 AND 12.** What are the benefits? Does the child still have the same advantages from not going to the actual school on completion of year 12? I'm in a rented house on some 200 acres. I have a small fenced front yard and a 200 acre unfenced backyard. Any ideas on how to grow vegies and keep cattle away from them? Also, how many ducks to a drake is the proper ratio? Are there any single GR-minded people in the Gympie area who know of a parents without partners group? Anyway, I think that's all my questions. Thanks for the great mag. All replies will be very much appreciated.

**Leanne Cahill,**  
C/- Imbil PO, IMBIL 4570  
**Bill Jackson.**

## Dear GR,

Thank you for your wonderful magazine, it has given me and my friends a starting point for our endeavour. We are welcoming ideas and advice regarding **SHARE COMMUNITIES.** We would like to live in harmony with all creatures and our fellow humans of like mind, with an emphasis on self-sufficiency, vegetarian and organic lifestyles. Each of us acknowledging all beliefs and respecting each other's personal views and choices.

Our share community would have a common area for gardening and a building for healing and spiritual practices. We love and honor our children and all animals (domestic and native) because we realise they are perhaps our greatest teachers. Our passions are many, we love to express ourselves freely through music, song, dance and ritual. Gardening, art, and crafts would be developed to bring in financial blessings. We would all help with supporting each other with children and the elderly, and any other situation when in need, to promote a healthy and stress-free environment for all involved. We are seeking like-minded people to make contact. Our ideal share community would be located north of Toowoomba on the Great Dividing Range somewhere.

**Jan & Marianne,**  
6 Emu Creek Rd, Crows Nest 4355.  
Email: [laya@downslink.com.au](mailto:laya@downslink.com.au)



## Dear GR Readers,

I have enjoyed GR for 25 years. It is truly a breath of fresh air. Could anyone please help me with **SILKWORM EGGS**, and also **LACE BOBBINS?** I will pay for these of course. Does anyone have a magical way of finding a broken end of wool whilst spinning? Keep up the good work Megg and Mary.

**Chandra Wilson,**  
ACTA M/S 54, PMB6, AYR 4807.



## Save The Koala

July is save the koala month. Contact - The Australian Koala Foundation, GPO Box 9899, Brisbane 4001, ph: 07-3229-7233 - for ways you can help. See the Kids Pages in GRs 133 & 101 for more information about koalas.



## Some Amazing Collections

★ Jacov Yosipovv of Israel has a collection of more than 14,000 bus tickets.

★ Angelica Unverhau of Germany has a collection of 168,700 ballpoint pens which she has collected over nine years.

★ Ove Norstrom of Sweden has a piggy bank collection made up of over 4175 items.

★ Ray Williams of the United Kingdom has a collection of over 40,000 marbles which has taken him 46 years to collect.

## Start Collecting

A collection is any group of things that belong and have been put together. Some things people like to collect include stamps, stones, marbles, bottle tops, shells, feathers, train tickets, pressed flowers, buttons, postcards, ribbons, leaves, twigs, beads, coins, things that are the same colour, things that are shiny, images of their favourite animal . . . Collections can be made up of anything you like. What do you like? You only need one of something to start your collection and then be on the lookout for things to add. It may take a day to put together a collection or it may take weeks or years. You may have collections of things simply because you like the thrill of searching, finding and keeping. Or you might like to collect things because they can be used to make or fix other things.

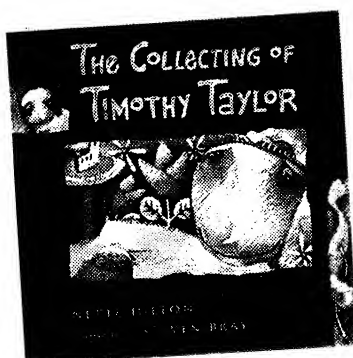


## BOOK REVIEW

### The Collecting of Timothy Taylor

by Nette Hilton

Illustrated by Steven Bray



Timothy Taylor loves to collect and use the newspapers, cans and old fishing line that are discarded on the beach where he lives. The people in his community, however, disapprove of his collection because of the mess it amounts to and so drive Timothy Taylor away. Eventually the community realises the valuable part Timothy plays and

embraces him. This little environmentally friendly fable will appeal to many *Grass Roots* readers. H/b, Angus & Robertson, 25 Ryde Rd, Pymble 2073. RRP \$24.95.

## Treasure Boxes

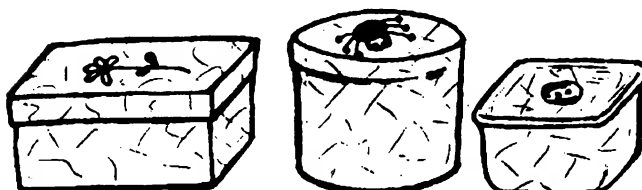
An important part of having a collection is a special place to keep it. Your collection can be displayed on a shelf (for example, all your statues of giraffes) or stuck onto the pages of a scrap book (like your collection of bus tickets). A box or container is great for storing just about any kind of collection. You can collect used containers and decorate them to be special treasure boxes for your treasured collections. Here's how.

### You will need

- ★ containers with lids (plastic ice cream or yoghurt containers or cardboard shoe boxes are good)
- ★ plain coloured paper, several colours
- ★ PVA glue and a brush
- ★ scissors
- ★ an item from your collection

Cut up the plain coloured paper into pieces (about 3 cm x 3 cm). Glue these onto the container so the whole area is covered (it will be sort of like an overlapping patchwork). Brush PVA glue over the whole area. When glue is dry, stick an item from your collection on the lid or side of container with a blob of PVA glue.

Make as many of these as you have collections of things. You can easily pick which treasure box is which and add or take from them as you need to.



# IN THE KITCHEN

Increasingly, health conscious people are desirous of avoiding sugar in their diets. Whether this is because of an existing health problem such as diabetes, as part of a weight-loss diet, to prevent dental problems, or simply as part of a holistic approach to good health, advice can be conflicting and confusing, and suitable recipes hard to find. The following simple suggestions show that it's not necessary to forgo all the sweet tastes in life in order to enjoy a healthy sugar-free diet.

The simplest sugar-avoidance strategy is just to cultivate a taste for the savoury. With spices and herbs and fresh tasty ingredients to choose from, those without a sweet tooth can enjoy a varied low-sugar diet. It is important, though, to read labels when buying processed foods, as manufacturers incorporate sugar (and its substitutes) into some very unexpected foods. Fresh and home-cooked is best, as *you* control the ingredients.

Many people trying to avoid sugar as part of a weight-reduction diet have used artificial sweeteners, however, with a range of serious health implications now being associated with these, they are best avoided completely.

The good news for sweets lovers is that there is a variety of ways to pander to the sweet tooth without drenching it in sugar.

## SUGAR ALTERNATIVES

### Honey

Honey is not suitable for diabetics, and is no better than sugar when it comes to tooth decay, but, if it's specifically sugar you wish to avoid, this is the obvious alternative. Substitute  $\frac{1}{4}$  cup honey for one cup sugar when baking. It will also be necessary to reduce the liquid component of the recipe a little.

When making desserts, depending on their nature, a little experimentation with the amount of both honey and other liquid components will be needed. It makes sense to begin with a recipe you are familiar with so you know what the consistency should be. Frequently, the amount of sugar in a recipe can easily be halved, or even quartered, without compromising the outcome. If a recipe calls for a cup of sugar, it might very well be replaced by a quarter-cup of honey.

### Fruit & Juices

Dates and figs are often incorporated in recipes as the sweet component –

they are not recommended for diabetics. Raisins and sultanas are also used as sweetening agents in desserts.

Juices, especially apple (concentrated apple juice is sometimes recommended), can provide all the sweetness required in a dessert, pudding or cake.

Desserts based on fruit usually need no added sweetening, allowing the real taste of the fruit to be fully savoured. Spices such as cinnamon and ginger, or vanilla flavouring – either as an essence or from an infusion of the dried beans – can be used to add zest to desserts.

### Herbs

The herb stevia is 300 times sweeter than sugar, but contains no calories. It is also said to aid digestion and have a variety of beneficial health effects. If you can obtain a plant, experiment with incorporating a few leaves into your favourite dessert recipes and leaving out the sugar.

Leaves of mints, liquorice plant and fennel are also quite sweet. Try steeping chopped leaves in the liquid component of any recipe. Depending on the nature of the recipe, and your own preference, the herb can be either strained out of the liquid or left in.



### OAT COOKIES

- 1  $\frac{1}{2}$  cups wholemeal flour
- 1 cup rolled oats
- 1 cup coconut
- $\frac{1}{3}$  cup raisins, chopped
- $\frac{1}{3}$  cup sultanas
- 1 cup dates, chopped
- 1 tbsp lemon juice
- 1 tbsp orange juice
- $\frac{1}{2}$  cup olive oil
- 1 cup milk (skim or soy if desired)
- 1 tsp vanilla essence

Combine flour, oats, coconut and fruits in a mixing bowl. Mix liquid compo-

nents together in a separate bowl. Add to the dry ingredients and mix well. Press into a greased shallow tray and bake for 45 – 50 minutes in a 180° C oven. Remove from oven and cut into squares while still hot.

### BUTTERNUT CAKE

- 125 g butter
- $\frac{1}{2}$  cup orange juice
- 1 cup mashed cooked butternut pumpkin
- 1 cup chopped dates
- 1 egg, lightly beaten
- $\frac{1}{2}$  cup shredded coconut
- $\frac{1}{2}$  tsp nutmeg
- $\frac{1}{2}$  tsp cinnamon
- 250 g self-raising flour, sifted

Melt butter and leave to cool a little. Add all ingredients except flour and mix into the melted butter. Fold in flour. Add a little more juice if mixture is too dry. Bake in 180° C oven for 45 – 50 minutes. Sprinkle extra coconut on top of cake if desired.

### INDIVIDUAL CHOCOLATE MOUSSE

- 80 g dates
- 600 ml milk (skim or soy if desired)
- 4 tbsp milk powder
- 4 tbsp cocoa powder
- 30 g gelatine
- 6 tbsp hot black coffee
- 2 tbsp sherry, optional
- 2 egg whites

Warm dates in milk till soft. Whiz in food processor. Allow to cool slightly and add to powdered milk and cocoa. Dissolve gelatine in the hot coffee. Add this and the sherry to the mixture. Allow to cool. Beat egg whites till stiff. Fold into cold mixture. Pour into individual dessert bowls, about 6, and refrigerate until set. Serve with whipped cream and sprinkle flaked almonds over if desired.

For more information on sugar alternatives see GR 76, and GR 83 for a variety of sugarless jams.

# YUMMY PATTIES

by Lyn Armanasco, Caulfield, Vic.

We have lived back in Melbourne for the last three years, looking after my father, aged 86. After many years in Tasmania it is a shock to be back in the big smoke and we look forward to the time when we can re-establish on an acre or two in Queensland. We have established vegie gardens here, using wonderful used horse bedding from the stables behind my father's house. How convenient is that? We compost and recycle everything we can. Dad is astounded and proudly showed off the summer and autumn crops to his friends. Of course, this is much better for his diet, which is where the following recipes come in.

Dad has so-so health and suffers from high uric acid, so meat is on the restricted list. I went back to some of my old tricks from when my children were young and a wee bit recalcitrant in the matter of vegetables. Some of the following take a bit of effort and time, like the mushroom sauce, but are well worth it. In fact, my partner Steve calls it 'Lyn's World Famous Mushroom Sauce', a title I humbly accept.

## VEGIE PATTIES WITH MUSHROOM SAUCE

(Great for using the bits and pieces left over at the end of the week.)

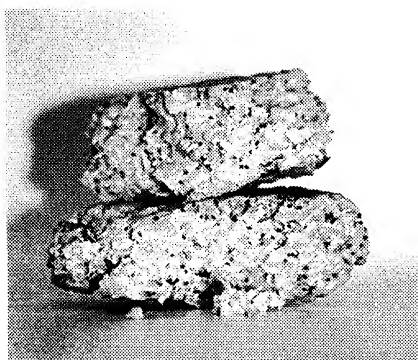
- 1 medium potato
- 1 carrot
- 1 onion
- 1 clove of garlic

Grate all this together with whatever else you have. I add pumpkin, zucchini, sweet potato (all grated), peas, shredded silver beet, whatever. Add 1 egg, 1 cup plain flour and enough milk to make a firm batter. Fry (in a little butter or oil), in amounts of a large tablespoon, about three to four minutes per side. Don't crowd the pan, and keep cooked ones warm while preparing the rest. Serve topped with mushroom sauce.

### Sauce

Make a roux with 2 tbsp of butter and slightly less plain flour. Gradually add good stock at a simmer. You will need about 2 cups of stock (if you really

want to add a zing substitute some of the stock with white wine, about  $\frac{1}{2}$  cup. The consistency should be about that of a thin custard. Now add chopped mushrooms, about  $\frac{1}{2}$  to  $\frac{3}{4}$  cup (mushroom stalks are fine if you want to save the caps for something else), and cracked black pepper. Simmer, stirring occasionally, for, wait for it, an hour and a half. The sauce goes quite dark and may need the addition of a bit more stock from time to time. This is just wonderful and can be used on top of steak, bangers, anything in fact to make something special, but you do need to be organised and make it early.



## KUMARA CROQUETTES WITH SWEET CHILLI DIPPING SAUCE

- 1 large kumara (sweet potato)
- 1 medium potato

Cook and mash together with pepper and salt. When cool add 1 egg and  $\frac{1}{2}$  cup plain flour. Form into croquette shapes and roll in breadcrumbs. Chill for at least an hour then lightly fry. Serve with individual bowls of sauce.

### Sauce

- 1 tsp sugar mixed with 1 tbsp hot water

- 1 cup brown vinegar
- chopped chilli (I use about a tsp, but depends on taste.)

chopped coriander, same amount  
Mix all of the above together. In each bowl put some chopped cucumber and shredded carrot (I use a potato peeler), and some of the liquid. This can be spooned over the croquettes or each person can dip as they choose.

## THE REALLY SPECIAL POTATO PATTIES SERVED TO GUESTS

- 2 large potatoes, cooked and mashed

- 1 small onion, grated
- good pinch nutmeg
- pepper and salt to taste
- $\frac{1}{2}$  to  $\frac{3}{4}$  cup plain flour

Mix all together and add yolks of two eggs. Stir. Whip egg whites until soft peaks form. Fold into potato mixture. In a little butter, fry large tablespoons of the mixture for two to three minutes on the first side. Turn and press down. Cook a further two minutes. Keep warm.

### Topping

- 100 g smoked salmon or trout (enough for 4)

Lay three to four patties per person on a plate close together. Top with slices of salmon. Then add a few rings of raw sliced onion, a tablespoon of capers and a good dollop of sour cream. Yum!

I have made the above using pumpkin instead of potatoes, and topped with tomato, onion and basil fried together till gooey. Rather nice (and cheaper)!

I know a lot of people enjoy the recipes in *Grass Roots*, as I do, so I hope our favourites will be used by others.

## THE WHOLE BEETROOT

When preparing fresh beetroot for eating, ensure you use the leaves and the roots as both have very high nutrient content.



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# RECYCLING PROGRESS

by Roberino, Arrawarra Beach, NSW.

The recycling movement is certainly gaining momentum and there are now many very tidy and well organised recycling 'shops' at local council tips around the country. Apart from reducing wastage, much less land is required to be dedicated to landfill activities than previously, with resultant cost savings for the community. Huge amounts of garden clippings are now transformed into mountains of garden mulch to improve barren soils, and many household items, building materials, books, office equipment, tools and so on (which have been discarded long before their use-by date) are available for sale. The attitude of wicked waste of the 1950s to 1980s throw-away era is slowly but surely turning.

If I happen to be travelling in a new area, I take an interest and seek out the recycling centres and am happy to see that the message is finally getting across. One of the best recycling centres and recycling retail 'tip shops' is in Coffs Harbour at Englands Road, a few minutes south of the Coffs Harbour CBD. Merchandise is neatly categorised and displayed on racks and shelves, under cover from rain and sun. The variety of goods is endless, and of course very inexpensive, and many items are 'as new', making me wonder why anyone would throw them out. The large area has everything from good old LP records and cassettes to serviceable refrigerators, freezers and washing machines, lawnmowers and furniture; in fact, anything that is conceivably reusable. The owner is obviously a conscientious recycler himself as the shop's truck is a recycled and reconditioned Holden with the number plate 'RE USE', and all the shop's buildings and display racks are, naturally, made from recycled materials.

In fact, building materials are very well catered for in the area, and if you can't find what you're after at the tip shop, then a few minutes away is a huge building recycling centre at AARVBEE Demolition yard in Frazer Drive. Both places have wish lists where you can



Well organised recycling facility at Coffs Harbour, NSW.

write your wanted items and when they have them they ring you, and deliver if necessary. All very convenient. I ordered a superseded size and type of aluminium window to match my house and about two weeks later got a phone call for an as-new window which cost only a fraction of new.

Other recyclers in the area are the Raleigh Second-hand Barn on the Old Pacific Highway, Raleigh, NSW; The

Raleigh Ecohouse; The Grafton Second-hand Building Materials centre in the old Peter's ice cream factory in Dobie Street, Grafton. Local markets are still a source of recycled wares, as are garage sales and the odd white elephant stall at church fetes and charity and swap meets. All are worth a look as you are never quite sure what you'll find, sometimes the occasional treasure will magically appear.



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# A ROLLING STONE GATHERS NO FRUIT

by Una Clarke, Mt Warrigal, NSW.

The old proverb – A rolling stone gathers no moss. – is not strictly true, as many workers whose jobs involve regular moves can testify, but it can certainly apply to the gathering of fruit in one's own garden! In our early married life my husband, Doug, worked for the Post Office and our first home was in the Tablelands – apple country. We'd missed the tree planting and had to wait until late autumn before young trees were available. Though money was limited, I chose two apples (Delicious for eating, Granny Smith for cooking), a nectarine and a peach.

Then I spied a soft-shelled almond. It brought back fond memories of an uncle's farm and the spreading almond trees my siblings and I would pounce upon with childish glee, breaking soft shells away with our fingers to gorge on the plump kernels. Visualising similar scenes with my own children, I bought it too.

Five years passed. The trees grew straight and strong. Then, when swelling buds finally gave hope of a harvest, Doug was selected for a telegraphist's course in the city. I didn't mind leaving the old home, for we were going to an almost-new one, but I regretted leaving behind the 'orchard' I'd been tending so carefully and a flourishing vegie garden.

Now we were in a fruit fly area! It was useless to plant stone fruit for there was no effective control in the 1950s. Instead, we settled for an orange and a lemon. However, it was also a nonsewered area and, as all household waste water drained down the back, just where I had planted them, they failed to thrive in the water-logged soil. Three years later I dug them up and planted others in a more suitable place.

Several seasons went by before waxy blossoms fell, leaving tiny fruit behind. Like a watched pot, that fruit made slow progress. When it was large, though still too green to pick, we were once more packing our goods and chattels.

Back again in apple country, we revisited our former home. It was winter and the trees had shed their leaves, but: 'We had a bumper crop this year – far

more than we could eat,' the owners told us proudly.

This time our new home was really old. It had been built before Federation! Yet, despite its age, no one had thought to plant fruit trees. 'Forget apples, they take too long!' Doug said.

'I'll plant a fig, they crop quickly,' I decided. 'And a peach and a nectarine.'

Bad luck plagued us. Curly leaf struck, stunting growth. Our trees were just overcoming this and showing promise of a fine crop, when hail ruined the lot! Before the next season we were rolling again, this time to a seaside suburb on the south coast.

Here the soil was almost pure sand. After enriching it with topsoil, I planted an orange and a lemon. At least, I reasoned, if we weren't there long enough to benefit, those who came after might bless our forethought.

Our next move was to a country post office in a tiny bush town, Doug was postmaster with residence provided. Imagine my surprise and delight to find a fully grown orchard in its huge back-

yard! Twenty years earlier, we were told, the postmaster had planted peaches, plums, apricots, grapes, figs, a nectarine and a lemon. So, for the next six years we gorged on delicious fruit to our hearts' content.

After another sojourn of three years in Sydney, and another 'virgin' backyard, these rolling stones finally came to rest back on the south coast where our children had settled. Now in retirement, we moved into a brand-new home. You guessed it, we had to start planting all over again. But the stones have now been still for 18 years and the fruit gathered each season from their huge orange trees is big, juicy and prolific.



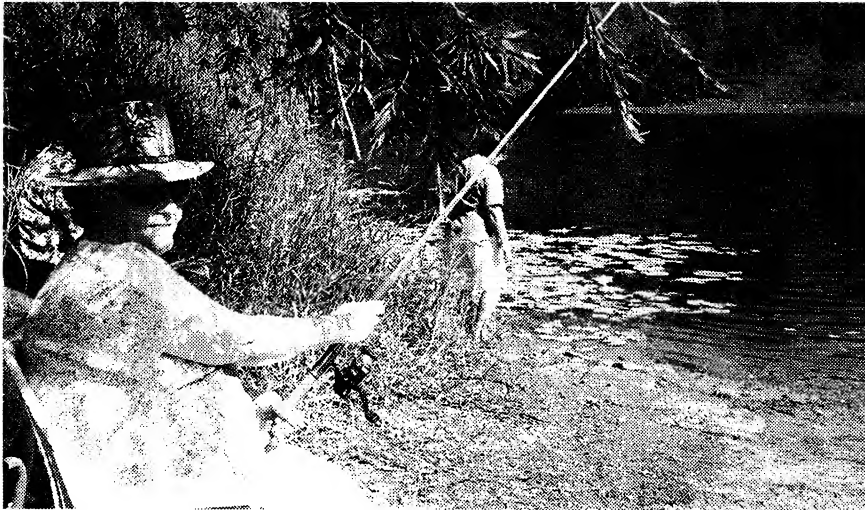
Top: A lemon tree planted in 1981.  
Granddaughter Kelly in front.

Left: New fence, same lemon tree in  
1998. Una in front



# WHAT'S SPECIAL ABOUT YOUR LOCALE?

More readers share their special places.



A relaxing day's fishing at beautiful Bells Bay, Kyogle.

## KYOGLÉ

by 'Tahiti', Kyogle, NSW.

I live at Kyogle, a lovely friendly town, also known as the gateway to the forests. The district is so pretty, with rich fertile land, nice homes, dairy farms where herds of cattle graze on the lush pastures. Lucerne, clover, rye, soya bean and corn are a few crops. Hay bales in plastic jackets line fences, ready for a dry spell. We have a very nice hospital, Kyogle Court retirement home and eight lovely churches. Kyogle high school is ranked fourth in the list of top 25 schools in NSW. We have lots of shops and two hotels, one motel soon too. We

hold a show, festival and rodeo each year. There is football, golf and just about every club you can mention.

The Richmond River winds its way around the town on its way to Ballina; forests abound; we have Toonembar Dam and Bells Bay to fish. Mt Lindsay is not far away. Brisbane is a two-hour drive away, or the city of Lismore is a half-hour. On air flight from Casino now you can go to Sydney and be back in the evening. There are two passenger trains a day. I came to live in Kyogle aged four, now I am going on 86.

## MIRIAM VALE

by Valma Hall, Miriam Vale, Qld.

Miriam Vale is 100 kilometres north of Gin Gin. One can turn off the Bruce Highway here to go to Agnes Water and Town of 1770, where Captain Cook came ashore. It is a quiet little town in a large farming district. When, in 1996, a new estate was opened up, my partner, Hugh, and I took one look at the highest block, with its 360° view of blue hills, and immediately put down a deposit. Our dream for retire-

ment. The top two acres is a gentle slope on which we have planted an orchard with a windbreak of trees and shrubs on three sides – 500 last count! The tree-lined drive winds down to a large shed, and to where our new home will stand, when it arrives soon. From there, we have a lovely walk through large gums, past two waterholes.

We are now 66 years and 68 years, working hard, sleeping well, living and loving every day of our retirement.

We are 20 minutes walk from town and the railway. There is good soil, good rainfall and peace. Blocks of two to five acres are still available. Come and join us.

## HEXHAM

by Jan Hannan, Hexham, Vic.

I sit here on the verandah reading my treasured *Grass Roots* and it asks me what is special about my locality. I ponder this question for a while and my attention is drawn across the river valley to the gentle slope on the other side and I follow the movement of the cows for a while. My eye is drawn down to the river and the beautiful red gums growing along the edges and I remember the recent fishing evening we had down there. Gradually, I am aware of the scent of the roses wafting around me and I take a moment to enjoy the many colours of the blooms. This year the garden is really rewarding all my effort with a magnificent show, and the vegies are rushing to the kitchen. The children will soon be home from the little school where the teacher doesn't know only their names, but also the names of their pets, the cow, the pig and the goose. Perhaps if I milk the cow before they get home, we can then go for a swim in the river, we may even see the platypus again. Back to my question about why I like where we live. I think it is the relaxed, accepting, quiet little town that we now belong to, the healthy atmosphere, and the ability to grow or produce most of our food without chemicals.

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# NATIVE PASTURES FEAST OR FAMINE?

by Andrew Briggs, Native Grasses Officer,  
Department of Land and Water Conservation, Wellington, NSW.

Native grasses. It is amazing how those two words can draw such different opinions from those who hear them. You either love them, hate them, or don't even realise or care that they exist. The 'hate them' lobby attaches such concepts as unproductive, prickly, slow growing and unpalatable. The 'love them' lobby talks about biodiversity, sustainability, drought resistance and assorted ecological benefits. And the third group, well, mostly they continue to go on not caring. So let's look at the first two groups. If there is one thing they will agree on, it is that there is such limited knowledge on native grasses and grassland ecology (particularly from an agricultural perspective), that to try and search out particular details can become a real headache. Also, trying to obtain large quantities of seed for re-establishment, or indeed equipment that can actually sow native grass seed in a broadscale sense, is all-but impossible.

It was in response to these two problems that the Department of Land and Water Conservation (DLWC) instigated a Native Grasses Innovation and Development Programme. This programme, funded by the Natural Heritage Trust, specifically aims to develop equipment that can efficiently and economically harvest and sow large quantities of native grass seed on a broad scale. Running parallel to this are two other aims: to expand our current knowledge of how to best establish native grasses (time of sowing, soil preparation etc), and to increase public awareness and acceptance of the role they play in a modern and sustainable agricultural landscape.

## AN ECOLOGICAL PERSPECTIVE

Prior to European settlement and the drastic modification of the Australian landscape which followed, native grasses played a crucial role in the balance of the entire system. Picture a vegetation type of perhaps three to four trees per

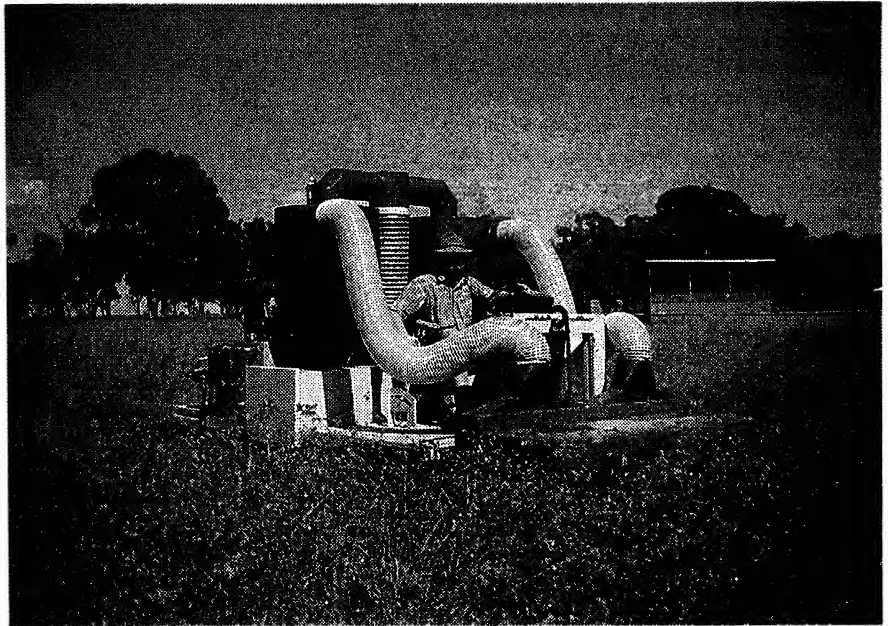
hectare, with occasional thickets of smaller trees and shrubs and an understorey dominated by grasses. These areas were originally described as 'woodland' or 'parkland' with occasional 'treeless plains'. Why then, should we try to establish trees on these areas as the dominant vegetation type? Doubtless, certain hilltops, stony rises, riparian zones and the various rainforest-type ecosystems would have had denser 'woody' vegetation, however, even in these areas grasses played a key role.

Many of the dense forests we see now are a direct result of the initial impact of foreign land management practices. The first settlers knew little or nothing of how fragile the Australian ecosystem was, and how the introduction of animals with hard heavy hooves could impact so greatly on soils and vegetation alike. The first plants to suffer under this new regime of intense grazing under heavy pressure were the grasslands. As

the grasslands began to diminish they left bare ground, perfect sites for the invasion of woody plants such as eucalypts. Millions of trees sprang up in this new environment, creating many of the dense forests now thought of as being original vegetation.

These vast grasslands were host to countless species of insects, birds, reptiles and other fauna. The demise of this vegetation type has brought about the fall of many other associated species, as well as creating huge problems with erosion, unstable soils, biodiversity decline and, that most deadly of land degradation issues, dryland salinity.

Grasslands were the backbone of the natural Australian system, and they are sorely missed. Yet now we find ourselves in a situation where native grasses are largely ignored by landholders and conservationists. When people discuss the preservation of *grassy* white box woodlands, how much emphasis is



The Scorpion harvester, harvesting kangaroo grass near Rylstone, NSW.

placed on the establishment of assorted understorey, without even contemplating how to restore that component after which this ecotype was named? Ponder this: to chain oneself to a tree is a noble act, to chain oneself to a blade of grass is an act of lunacy.

### AN AGRICULTURAL PERSPECTIVE

From an agricultural perspective, native grass pastures have many benefits. Of greatest importance is perhaps their potential for assisting in the control of dryland and urban salinity. By increasing the water use potential of pasture through the establishment of native perennial grasses, and reducing the water requirements of urban gardens, less water will enter the groundwater table, thus reducing the amount of salts which will be brought near the surface. Additional benefits include drought resistance, low inputs required for maintenance, and an even protein intake throughout the year (particularly important for wool production). Drought tolerance of native grasses is widely discussed, however, this concept will be examined in more detail below to help understand where this characteristic comes from.

A further agricultural benefit of native grass pastures is that they require low inputs to achieve a sustainable balance, provided correct grazing management is employed. As the prices of agricultural inputs such as fertiliser and lime rise, many landholders are looking for an alternative to introduced pasture species which require high levels of these items to persist. Since early this century native grasses have been scorned as unproductive, and high-input introduced pastures have been the focus for agriculture in Australia. As a result, countless dollars have been spent in the development of



The Grasshopper brush harvester, harvesting silky browntop near Gulargambone, NSW.

such species as phalaris and lucerne, *for Australian conditions*, and yet still these species will not persist in most areas. And as they die out through drought or poor soils, what comes back? Native grasses. Native grasses are underrated, and their use is going to be essential in a modern and sustainable agricultural Australia.

### HAPPY FAMILIES

Native grasses grow naturally in large communities, a group of a variety of species closely interacting with each other. These complex interactions ensure that, in the extremely variable nature of the Australian climate, there is always something on the ground to provide ground cover. For example, when a drought occurs, the less palatable grasses remain to provide ground cover and protection for other species to re-establish once the drought breaks. Also, the perennial nature of the majority of native grasses means that they can respond very quickly to changes in the environment and are fairly tolerant of external pressures such as grazing.

A further analysis shows that native grasses are divided into two camps themselves: winter active (C3) and summer active (C4) grasses. The reference to C3 and C4 as determining plant type simply refers to the *photosynthetic pathway*, or *carbon cycle* of the plant. Essentially, this is how a plant converts water and nutrients in the presence of sunlight to plant material. Volumes have

been written on this topic in various biological texts, which certainly don't need to be covered here!

In layperson's terms, winter active grasses are actively growing during the cooler, wetter months, or at higher altitudes where summer heat is not so great. Examples of C3 grasses are the *Danthonia* species (wallaby grasses) and *Microlaena stipoides* (weeping grass). Summer active grasses begin their growth cycle during spring and continue throughout the summer. These grasses are usually very frost sensitive, and so, die back in late autumn, coinciding with the active period of winter grasses. Examples of C4 grasses are *Themeda australis* (kangaroo grass) and *Chloris* species (windmill grasses). Just to complicate the issue, while all native grasses fall into these two categories, seasonal influences such as warm winters or cool wet summers can often see the two groups growing happily side by side!

### THE NEXT STEP

For too long we have been trying to alter the soil to match the plants; it is time to start matching the plants to the soil, and what better way of doing it than with the grasses which evolved on this continent in the first place. Enter the Native Grasses Innovation and Development Programme. If native grasses are to become re-established in the Australian landscape as the dominant pasture type, the development of technology to har-



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vest and sow them is essential. For the majority of native grasses, existing harvesters and seeders simply cannot cope with the unusual shapes, sizes and aerodynamics of their seeds.

Technological advancement in these two fields has been excellent during the lifespan of the project, with native grass harvesting now being carried out with a very high degree of success. Two seed harvesters are employed by the programme: the self-propelled Scorpion harvester, and a trailer-type brush harvester, the Grasshopper. Marked developments in seeding technology have also been made, with a purpose-built air seeder, dubbed the Germinator, however, the sowing of some seeds still poses many problems.

Challenges which we have faced throughout the project have been many and varied. Perhaps the two greatest hurdles were the degree to which seed needs to be cleaned to maximise success, and the erratic germination rates of seeds. As a means of survival, native grasses have developed certain mechanisms, such as, for example, awns, by which seed is transported to favourable sites for establishment. It is suspected that such attachments may have a vital

role to play in the germination of many native species. The challenge, therefore, is to sow grass seed in a straight-from-the-paddock state.

Also, to counter the extreme variability of Australian seasons, native grass seed has developed differential seed germination rates. This means that it germinates bit by bit, often with long delays and dormancy periods. If 100 percent of seed produced by a plant germinated and was then lost due to drought, it would be a disaster! Often stimulants such as smoke or water are required for germination. These are just some of the many critical details which we are still unravelling.

This leads to another important facet of the programme: expanding awareness and acceptance of native grasses in the agricultural sector. When landowners sow a particular crop or pasture, they (and their bank managers) expect immediate results for the time and money which they have invested; the success of the project needs to be immediately obvious. For the above reasons, the establishment of native grass pasture through mechanical means rarely exhibits such an immediate success. Indeed, it may take a number of years before one can really accu-

rately gauge the success of the sowing. In order to assist in expanding people's awareness and improving the knowledge of native grasses the DLWC is working closely with the community-based native grasses organisation, Stipa. The interest in native grasses as sustainable, low-input pastures is growing, as indeed it must. There are still many unanswered questions as yet, however, ultimately we will unravel the secrets of native grasslands and the result *will* be sustainable grazing on better pastures, naturally!

For any enquires about the activities or equipment developed and used by the programme, or how to become involved with the Stipa organisation, please contact: Andrew Briggs, DLWC, Wellington, on 02-6845-2488.

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### COT DEATH AND SMOKING

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# OLIVES FOR THE TABLE

by Lyn Ballantyne and Carolyn Dagleish



Olives are traditional Mediterranean fare and growing in popularity in Australia. Here are two simply tasty ways of preparing them.

## PICKLING

Whether you buy them or grow them, it's easy to pickle your own olives. Leave them sitting in the brine mixture for at least five to six weeks, or until they no longer taste bitter. They can then be stored in a cool dark place for up to six months. The primary task is to get rid of the bitterness, so be patient.

For approximately 850 g fresh green olives you need:

- 1/3 cup salt
- 1 lt (4 cups) water
- 1/2 cup olive oil

- Remove stems from olives and discard any blemished ones. Make two cuts lengthwise through to the pip down each side of the olive.

- Place olives into sterilised jar, about five-cup capacity. Cover with cold water. Fill a small plastic bag with water and tie the end. Sit this on top of the olives to keep them submerged, and store in a cool dark place for about a week, changing the water every day. When all bitterness has gone drain the olives.

- Combine the salt and litre of water in a pan and stir over low heat to dissolve, then cool. Place olives in sterilised jar and top with the salt water to cover. Gently pour a layer of oil over

top to seal out air and leave for five to six weeks. Once olives are pickled you can marinate them for extra flavour.

- Drain, then put olives into presentation jar with six slices of lemon, three springs rosemary, one cup olive oil, half cup white wine vinegar, quarter cup lemon juice, quarter cup sweet chilli sauce, two cloves crushed garlic, one teaspoon cracked black pepper. Enjoy!

## PRESERVING

Here is a slightly different way to preserve olives.

- 10 kg black olives
- 1 kg cooking salt
- Marinade for 300 to 500 grams olives:
  - 1 small red chilli, deseeded and finely chopped
  - 2 tbs olive oil
  - 10 small basil leaves
  - 1 small clove garlic, finely chopped
  - freshly ground pepper

To preserve:

- Layer some olives in the bottom of a round cane basket. Sprinkle with salt. Repeat process until all olives are used.

- Cover with cloth and a round wooden lid that fits snugly.

- Weight with a brick.
- Place basket in a plastic container – this collects brine. Try a commercial plastic rubbish bin. Store in a cool place.

- Twice a week, stir vigorously (great for release of anger). Keep this up for four to five weeks, or until all

the salt is absorbed.

- Boil a large pot of water. Place olives in sink with the plug in. Cover with boiling water and leave for two to three minutes. Drain.

- Spread olives on dry cloth (not a fluffy towel). Leave to dry inside for a day.

- Place small 300 to 500 gram serves of olives in bags with marinade (as above) and store in freezer.

- When required, thaw in marinade for two to four hours. Enjoy!

Eat the marinated olives as soon as possible. This is an old traditional Italian version.

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# HARVESTING THE MEAT

by Clare Colins, Nanango. Qld.

The following story is of our experience with 'home-butchering'. I know it may not be everyone's cup of tea, but I think there are other GRs like us who would like to know. I hope you enjoy our story and find it useful.

## ONE WEEK TO GO

Hermon Von Schnitzel, Pork and Pig have seven more days of romping and frolicking before the home-butcher comes to call. How do we feel? Well, Pork and Pig, weighing in at about 40 kilograms each (and only four months old) won't be missed too badly. They are getting rough and meal times are dreaded. Their feed bucket weighs a tonne! Hermon, half Jersey half Murray Grey, will be missed – by his mum and us. He is affectionate and cute but, with only nine acres of land and the recent acquisition of Melita and Ote the donkeys, someone's got to go. Hermon is about 4½ months old and, as you can tell by his full name, he was destined at birth to become veal.

Right now we're not overjoyed about it but when we moved here, several years ago, we resolved to be responsible for what we ate. We eat meat.

Next Sunday Daryl, the butcher, will come out with his mobile fridge. He will shoot and bleed the animals, skin them (Yes, we have decided to skin the pigs too – the hot water and scraping seem a bit too much.), remove the yukky bits, and hang the carcasses in the fridge until Wednesday when he'll be back to cut them up and leave us meat for packaging and freezing. All sounds pretty straightforward doesn't it?

On my mind at the moment is the hole. Yes, we have to dig a hole to bury the bits we don't want or can't use. How big a hole does one dig? Where? In our naivety we thought the butcher might take away the skins, heads etc, but apparently that is against the law. No part of an animal can leave the property. The orchard will be the best place I guess. We could plant a tree atop it all – there's a Japanese raisin tree looking for a home.

## TODAY IS THURSDAY

Three days to go. The hole has been dug. Emma and Matt, my daughter and son-in-law, came for a visit and offered to help with the digging. Ye-hah! The hole is ready. One metre across and one metre deep. We hope it will be big enough.

Pork and Pig, for some reason, have settled down a bit and are not so pushy. Perhaps they know something is about to change. Dear pigs, we've been feeding them (Paula mostly, – bless her) twice a day for three months. They eat pig pellets with Jersey milk, and root vegetables from our garden. They are fat and healthy. Hermon (the calf) has been with his mum every day of his life and he too is happy and healthy.

The butcher has confirmed that he will be here mid-morning on Sunday. There's no turning back now. It would be easier on us to send them all to the abattoirs and receive back packaged meat, but we care for our animals and don't want them to suffer unnecessarily. Their last moments will be as stress free as we can manage.

## TODAY IS SATURDAY

Tomorrow's the day. Neville, a friend, said, 'Yum, pigs' trotters. You are going to eat them aren't you?' We had-

n't thought about that. I suppose the more we keep the less we have to bury. So yes, we'll cook pigs' trotters. The more usual response to our home-raised and slaughtered animals is: 'Yuk, how could you? You know, eat them.' 'Do you eat meat?' I ask. 'Yeh, but only if I haven't known it and don't know where it comes from.' 'What a cop-out,' I think.

Today we're a little concerned about the sequence of events. Who goes first? The calf, we decide, as he is closer to the butchering area and we don't want him freaking out at the smell of pig blood.

We may become vegetarians after this! An informed choice at least.

Daryl is ringing us tonight to let us know more closely when he'll be here. We hope it will be early as the animals will have missed breakfast and might begin to get anxious. I'm anxious, that's for sure. What about Rhietta, Hermon's mum? Will she miss her baby? Will she be upset by the events to come? So many questions. I'll answer them tomorrow when it's all over.

## SUNDAY MORNING

It's 6.45am and Melita and Ote, the donkeys, bray 'Good morning' as Paula



Paula, Emma and Matt dig the hole for the bits – they'll fertilise a new tree.

goes to milk Rhietta. Hermon Von Schnitzel waits patiently for his last feed with his mamma. Pork and Pig were spoilt with a nice big dinner yesterday afternoon. I think we are ready. Daryl phoned last night for directions. He doesn't know Nanango very well. He'll be here in about three hours.

To overcome our trepidation about the whole butchering thing we have had to 'reframe' our thinking. We don't have to feel bad about this. We can feel proud. We have raised the animals to the best of our ability. They have been fed and housed (the pigs) well and now it's harvest time. We don't let every cabbage go to seed, we eat some when they're ready. We don't cry over the fruit and vegetables we harvest, we celebrate and share our good fortune and put some by for leaner times. This is the same, isn't it? In more remote self-supporting communities, the slaughter of a beast is a time of celebration, of gratitude for abundance. We'd like to feel that way and celebrate this event, partake of the bounty and enjoy our increased level of self-sufficiency.

#### One Hour To Go

Hermon escapes! All this time, for this calf and the previous one, the bails have been safe and secure. He must know something's up. How come his mum's out grazing and he's not? After coercing, cajoling and chasing, over the commotions of braying donkeys and mooing cows, he's back in again with his mum. She'll just have to wait with him. Some repairs to the bails and we stop for a cuppa. Phew! This is hot work, and the butchering hasn't begun! We're being really careful not to let the pigs see us for fear that, hungry, they might attempt to gain freedom too.

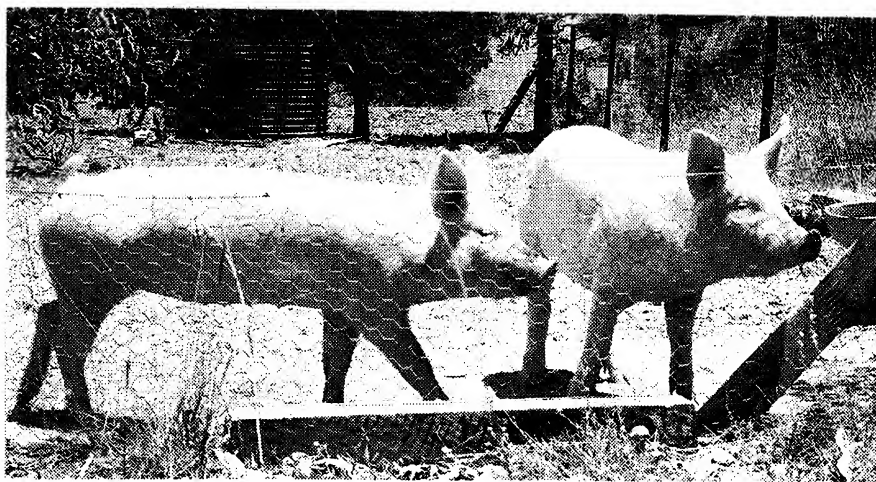
The fire is alight ready to render down lard (pig fat) to use in soap. Waste not want not. The first blood has been spilt. Mine! I cut my hand while throwing a log on the fire. Ouch!

#### Noon Sunday

Daryl and two mates have just arrived and parked next to the bails.

#### WHAT HAPPENED?

After introductions, the 'lads' got the gear ready and Paula led Rhietta into another paddock. The steer and donkeys followed. The young fella passed Daryl the gun, a .22 I think. Didn't ask.



Last goodbyes to Pork and Pig. Their behaviour was quieter than usual that day.

A 'crack'. One bullet. Hermon Von Schnitzel is dead. So quick. He is then bled. At this point he did thrash around a bit, due to muscle spasms, but we were okay because we knew he was dead. 'Goodbye'. Bang. Dead.

The fridge, with pulleys and chains, was parked, each time, next to the animal's pen. Daryl was quick and precise with skinning etc, and we were both fascinated enough to watch quite closely. I even took some photos.

After Hermon came Pig, then Pork. The procedure was the same. Proud we were when told that as far as quality meat goes, ours was perfect – young, tender, and just the right amount of fat. (hardly any). The fat rendering was a good idea, but there wasn't any, and the pigs' trotters were too small to bother about. Oh well! Pig offal should *not* be eaten due to some nasty things pigs innards get. 'Give it to the chooks,' who were nearby, said Daryl. We did and they loved it. Heart, liver and kidneys 'You'll get twice as many eggs tomorrow,' he said. Even handling offal wasn't too bad (not that I did it – Paula did). The yukkiest bit of the entire operation was when a blob of pig intestine stuff fell down Daryl's gumboot. He was wearing shorts!

So now the main part of the job is over and three carcasses hang in the fridge at our back door. Luckily, we have a ride-on mower with tip trailer and this was utilised for the collection and disposal of skins, heads, feet and guts. Yes, the hole was big enough.

When everything was done we all sat on the shady verandah, drank coffee and chatted. 'I don't enjoy killing animals,'

said Daryl. (Yes, he was the only one to speak.) 'I don't understand why murderers and the like live and innocent animals die.' This comment caught us a bit off-guard. 'But,' he added, 'if you're gonna eat meat this is the best way.' (Home-raised and butchered.)

#### SUNDAY AFTERNOON

It's 2pm and they've gone (animals and people). 'That wasn't bad at all,' says Paula. 'The whole job done in just over an hour.' We are so thirsty. Now all is quiet and peaceful again. Stewit is licking Rhietta, being ever so understanding. She's a wee bit confused, looking for Hermon. She has seen previous calves disappear in the back of trucks, so we're hoping that's what she's thinking now. She's mooing a bit.

Life has changed for us already. Soon we'll have to milk Rhietta, twice a day for a while. On the plus side, no more heavy buckets of pig food – not until next spring at least.

How do we feel about it all now? Paula says, 'Stunned at how quick and easy it all was'. I feel quite elated. We've done it, and with so little fuss. I'm looking forward to eating our own meat with our own vegies. No, not vegetarians this time. Our animals lived well and died a quick painless death. We know, we watched.

On Wednesday Daryl will be back to continue his craft – cutting it all up. I think we'll celebrate Wednesday night with a wholly Clare-and-Paula-produced meal. Thanks to our friends Jan and Paul who lent us a book on home-butchering and encouraged us to give it a go. It's a pity they're vegetarians!

# SIMPLE OLIVE OIL PRESS

by Wally Davies, Parachilna, SA.

Following many letters to GR about how to extract olive oil at home, I have devised this simple method of making a suitable press. I would like to have given the press a trial, but olives do not become available till the middle of the year and people who are interested would like to have a press made by then. I did show my ideas to 'Happy Harry', a gentleman who came from Greece and was raised on olives, and he assured me that my ideas were sound, so here is my suggestion for a home-built olive press.

It consists of a perforated cylinder with a top and bottom plate of thick steel. To press the plates together an arbour-type frame is needed; this can be of a screw variety or can incorporate a car jack. Much of this can be left to your own imagination; there is nothing hard and fast concerning dimensions or shapes.

To make the cylinder, visit the scrap yard and find a piece of 100 millimetre pipe, about 150 millimetres long. Then comes the tedious part: bore as many 6.2 millimetre holes in it as you can.

Access to a bench drill would be advisable here, but is not necessary.

Next, find some 12.5 millimetre thick steel plate and have two discs cut out that will fit inside the perforated pipe. This can be done with a gas torch and the edges cleaned up with a file or grinder.

Another piece of pipe is necessary to make a stool to sit the perforated cylinder on when it comes to getting the plates and residue out. This can be a piece of similar pipe, 75 millimetres long, split lengthways either with a hacksaw or oxy, and opened out a bit so that the plates will clear the inside.

So far so good. We now come to the arbour-type frame and, as it will have to withstand a lot of force, we aim at strength. The frame can be made from a bar of steel, 50 millimetres wide, 19 millimetres thick and 720 millimetres long. Next, mark off dimensions 130 millimetres, 230 millimetres, and 130 millimetres, from one end. Then cut the bar through with a hacksaw until the steel bar is holding by a few millimetres.

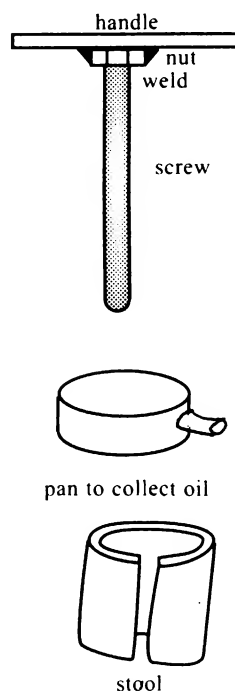
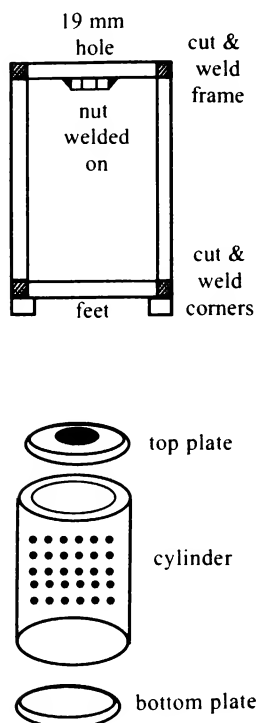
When this is done, bend the steel bar into a rectangle, square the angles up and have your friendly welder weld up the bends until they are squared off.

Feet will be necessary to mount the press onto a solid bench and these can be made from steel bar 12.5 millimetres thick, 25 millimetres wide, by 150 millimetres long. Near the ends of each foot 12.5 millimetre holes can be bored, then they can be welded on.

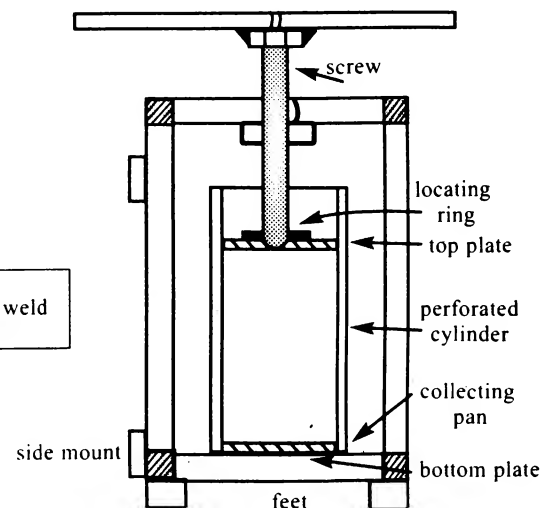
The screw can be a piece of threaded steel rod, 19 millimetres in diameter and 250 millimetres long. A nut to suit the threaded rod will be required and, after a 19 millimetre hole is bored in the centre of one end of the frame, the nut is welded on, making sure that it is centred on the hole.

A handle is now required, this can be a piece of steel rod 12.5 millimetres or heavier, and 600 millimetres long. To make mounting easier, a nut can be screwed into the threaded rod and welded secure. The handle is welded centrally onto this.

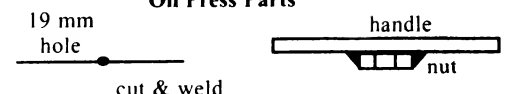
Oil Press Parts



Oil Press Assembled



Oil Press Parts



To hold the end of the screw central on the top plate, a ring of steel can be made and welded on, or alternatively, a nut can be filed out to clear the thread, then welded on.

Okay, now we are nearly ready to go. A pan is required to collect the results of your efforts. This can be made from the base of a large food can, cut off 25 millimetres high, and a spout can be soldered on; that is if there is anyone who can solder any more, otherwise get your friendly mechanic to do it.

Now, if you have followed my instructions, or cooked up something of your own, bolt the thing onto a heavy bench. As an alternative, the mounting feet could be welded to the side of the frame and the assemblage bolted to a post. Above all, make it strong. As I said earlier, with a bit of imagination a hydraulic car jack can be incorporated to do the heavy yakka.

The olive trees have now borne fruit and you have your bucket full of ripe oily olives, so, as Happy Harry advises, get a solid block and a hammer and

smash the olives into a pulp, pips and all. This is delightfully messy, so you should enjoy yourselves hitting each other in the face with a handful of pulp, but scrape it off before putting it into the press.

Place the bottom plate in the cylinder, line the cylinder with a piece of cloth, and fill with olive pulp, place the top plate in position and screw down. Oil will start to ooze out through the holes, will collect in the pan and drip into the container. Eureka! You now have your very own home-pressed virgin olive oil. Congratulations.

After you have screwed mightily, and can get no more oil out of the pulp, back the screw off until you can take the cylinder out, and turn it upside down. Mount it centrally on the stool, and press the contents out. There will still be some oil left in the residue and this can be used in a number of ways: Put it into a cloth and use on furniture, on your leather boots, or on your skin. It will make a supplement in stock food. You could incorporate it into cooking. It

will not go to waste.

Although you may describe the operation as being somewhat labour intensive, there is one thing that you can be positive about, and that is that you will have the genuine product. A very rare thing nowadays.

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# INTRODUCTION TO ORGANIC MILK

by Michael Dodel, Raleigh, NSW.

My father's parents lived in the warm south-west of Germany, caring for two acres of permaculture gardens around their house and 25 acres of vineyards five kilometres away. My grandfather was an accomplished wine maker, but he always made sure that his 'home wine' was made from the grapes grown chemically free in their garden.

My grandparents taught me the benefits and dangers of chemicals in vineyards and food production from early on, so that when I started my agricultural career on wheat and potato farms I was shocked by the land management and use of chemicals on large-scale European farms. I then turned to organic dairy farming in Switzerland and began an apprenticeship in cheese making.

While working for two years on *Almwirtschaften* (land holdings high in the Alps where animals and farmers live during the warmer parts of the year), we required special permission in order to make cheese from untreated

and unpasteurised milk. I came into contact with numerous 'Alpers', weathered by time and their way of life. I had conversations about the merits of pasteurisation with nearly all of them. While some outrightly condemned pasteurisation, most others expressed a negative attitude. They told me that pasteurisation 'destroys the goodness in the milk' and that it would 'inevitably lead to the monopolisation of the dairy industry'. Until 30 years ago, people in rural Europe used fresh cows' milk and raw milk products.

The main reason given to support the pasturisation of milk is the looming danger of TBC outbreaks, either in the developing world or in war-torn countries. These tragic outbreaks occur during times of catastrophes and widespread suffering. Most animals and people are in poor condition and prone to disease because basic hygiene and health standards can't be kept. During these horrific times, people commonly stretch their

milk with water, which is very likely to come from contaminated sources in times when sewage systems are bombed, mains water cut off and stagnant water a prime source for most people and animals. TBC infected milk, regardless of when or where the infection occurs, can be devastating to humans.

Good husbandry (healthy food, space, clean stables, health care) and thorough hygiene from the paddock to the kitchen will provide you with a milk that is untreated and, for at least the first two hours of its life out of the udder, wholesome and life sustaining. The nutritional and disease preventative effects of fresh raw milk are unmatched by any other food. A milk allergy free human can survive solely on milk, and reports exist that even nowadays some small tribes in the Sudanese/Ethiopian border regions do use milk as their only staple food. I know that the Alper in Switzerland did so for at least six months out of the year. Goats' milk is



Michael Dodel began organic dairying in Switzerland and has been making cheese in northern NSW for eleven years. Goats' milk is regarded as being the safest for human consumption



regarded as TBC free and as being the safest for human consumption.

So why all this noise about health risks associated with consumption of raw milk? First, as I said before, our cultural memories of TBC outbreaks earlier last century still cause warning bells to ring for some people. There is no doubt that we have to understand the product from its origin (feed) through all its stages until it is consumed in whatever form. The potential TBC problem serves as a constant reminder to understand the importance of the strict following of hygiene rules! Second, it is impossible in our economic environment (mega dairy farms, decentralisation, transport distances and so on) to provide the customer with fresh raw milk. Milk has to be mechanically and/or temperature treated in order to be a standardised industry product. In order to survive chemicals in the food, mechanical milking, hundreds (sometimes thousands) of kilometres of transport, but still be 'fresh and taste good', milk products have turned from a regional delicacy to a standardised industry product.

This series will show a different way of dairy farming, and product processing that leaves you with knowledge of where milk comes from and how it has been treated during its life, a way which will provide you with something you can't buy . . . fresh, raw milk!

## THE PRODUCT

We always keep a small herd of goats, anywhere between 2 and 25 animals, therefore we have plenty of milk, and I've been making cheese on the northern coast of NSW for the past eleven years. We have always managed to raise and feed our goats organically and we have never drenched them. Except

for starters and/or cultures, our cheeses are free of additives, store well up to six months and are always delicious!

Milk is regarded as basic food, since we humans use it as such (in Australia mainly cows' milk). It is actually a misuse, because nature intended milk only for the offspring of same mammal species. Nevertheless, milk has become very popular, first as a drink then later in all different forms of dairy products which are considered one of our most valuable and natural foodstuffs. Unfortunately, over the last 50 years, this once-natural food has turned into another commercial industry product. Only people with access to fresh, raw milk can appreciate how much we really paid for this standardised milk through loss of quality, freshness and taste.

Most people know that milk comes from the udder! The udder consists of numerous aveoles (milk bubbles) with a diameter of about 0.2 mm. The aveoles function as a membrane filtering the milk ingredients out of the blood. Each of the aveoles is connected with a milk channel system, shaped like a river system, which leads to the milk channel in the teat. The aveoles are surrounded by a system of tiny blood veins. In order to produce one litre of milk, the ruminant's heart pumps approximately 400 litres of blood through that system.

## Composition

The composition of milk from different animals is very similar. The quantity of each milk component can fluctuate, but the ingredients are the same. Goats' and sheeps' milk are tolerated by most people suffering from cows' milk allergies. Goats' milk in particular is regarded as being more easily digested by humans. Basically, we are looking at 'original' and 'nonoriginal' components.

**Original:** water, lactose, fat, protein, enzymes, vitamins, gases and salts.

**Nonoriginal:** antibiotics, herbicides, insecticides, other chemicals and residues.

## Trace Elements

The amount of trace elements in the milk is influenced mainly by the stock feed. Levels of iodine, for example, vary from coast to coast, depending on its availability in soil, food and water.

Trace Element	Amount per/lit (cows' milk)
iron	0.99 mg
zinc	3.94 mg
aluminium	0.70 mg
copper	0.34 mg
iodine	0.098 mg

Milk contains the following vitamins: vitamin A, B1, B2, B6, B12, C, D, D3, F, K.

## Lactin

Despite overwhelming historic evidence that fresh raw milk functions as a disease preventative food, modern scientific research fails to recognise this completely. Fresh milk contains the enzyme lactine, which is known to have an antibiotic effect. It stops bacteria from growing, thus preventing infections during suckling.

It takes at least three or four days for the pasteurised milk to come from the cow to the consumer, while this enzyme only survives up to six hours in untreated milk.

At times when milk had to be carted into cities by horse wagons, it was noticed that farm children didn't succumb to TBC while their city cousins did. The reason for that was that farm children drank the TBC-infected milk fresh, meaning it contained large amounts of lactine. By the time city children drank the milk it was at least 12 - 24 hours old and our friend, the enzyme lactine, had disappeared.

## Structure

Milk is an extremely complex food item, its structure being determined by various inputs:

- mechanical input by way of transport, mechanical vacuum milkers, pumping and stirring;
- refrigeration below 10°C is said to cause similar damage to the milk structure as does pasteurisation.

Next issue: Dairy products, an overall view and some recipes.



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# FODDER FORESTS OLIVE TREES

by Vince Conlan & Damian Conlan, Binya, NSW.

In Palestine, there is a wind-swept wadi that is home to the village called Marda. Around the village are groves of stone walls and olives. Within are courtyards where ancient olives grow, planted when Rome ruled the world. Marda and its people belong to the landscape, they are part of it. Olive trees are planted by each generation of farmers, for their children. Above them is a fortress. Olive orchards and ancient stone terraces have been bulldozed flat and an Israeli settlement stands stark against the landscape. It is the olive trees that have sustained the people of Marda throughout their tumultuous history. We don't just plant trees for ourselves. We plant them for our future.

Palestine is a land rich with history. The olive groves are ancient, terraced with stone down steep wadis. Western cement towers rise above Ottoman homes laid upon Roman ruins. Every year the Christians of Ramallah rush from Bethlehem with the news of Christ's birth and, climbing to the top of the mountain, they light a fire. Once, every hilltop throughout the Middle East would be waiting and at the first sign from their neighbours they would light their own fire and tell the people, 'Christ is born!'

Amidst the turmoil that is Palestine only the olive trees remain the same. The Semitic people of Syria have been cultivating and trading olives and oil for 5000 years. Olive culture spread

south to Egypt and north to Turkey, from Crete to Greece, and eventually to Rome. Then some clever Italian invented the screw press. This method of extracting the oil remained unchanged for 2000 years until modern times and the advent of the centrifuge.

The olive tree is a treasure. The leaves contain a natural antibiotic. The oil is good for you. Virgin olive oil is delicious, crisp and peppery, an ideal complement to tomatoes, bread, cheese and salads. It is fantastic to cook with and, like good wine, each oil carries unique scents and flavours.

Extra virgin oil is distinct from bulk oil because it is the pure unprocessed juice of high quality olives. The olives are crushed, pressed, or centrifuged; the oil drained, filtered and bottled. Lower quality olive oil is refined to remove odour and acidity. These products are often blended with extra virgin oil for flavour. Olive oil will degrade in sunlight and should be kept in the dark.

Table olives are also delicious, nutritious and good for you. The leaves are a useful form of stock fodder and the wood ideal for handicraft or the fire.



Raking olives, left, a time consuming process and mechanical shaking, below.

Photos courtesy of Damian Conlan



## PROPAGATING

Olives propagate easily from seed or rooted stem cuttings, or by grafting and budding.

### Seed

There are many wild olive trees in the Riverina. As cultivars do not grow true from seed a lot of these are weeds. They do make excellent windbreaks and provide shade and shelter around homesteads. Their hardiness makes them a valuable addition to any dry-land farm. More productive varieties may be grafted or budded onto trees grown from seed. In some cases, however, this may produce a dwarf tree. Hard-to-strike cultivars like Sevillano or Kalamata are almost always grafted onto rootstock.

### Cuttings

This is the best method of reproducing most varieties, but cultivars vary widely in their ability to produce roots on cuttings. Success depends on type of wood used and the season when the cuttings are taken. Cuttings are made from hardwood, leafy stems, suckers and ovuli.

**Hardwood cuttings** are made from 3 – 4 year old wood, 25 – 75 millimetres thick. The bottom cut should be below a node. Plant the cuttings, the right way up, in potting mix. Keep them moist and protected from direct sunlight. Cuttings can take three months to grow roots. Once they have rooted, plant them out into pots or as bareroot trees into the garden. My father has had some success with placing hardwood cuttings direct from the tree to his chosen site. He uses a deep hole with lots of manure in the bottom and keeps them well watered and protected until they strike. This may not work for a hard-to-strike variety such as

Sevillano which has a rooting success rate as low as 20 percent.

**Leafy stem cuttings** must be kept in a moist atmosphere so transpiration is reduced and the stems remain turgid while root induction occurs. The cuttings are dipped in rooting powder that contains IBA and the potting mix must be well drained but retain some moisture. Bottom heat is maintained at 21 – 24°C. Leafy stem cuttings can take up to three months to grow roots. They can then be planted into pots or grown out and hardened in the nursery field.

### Suckers

These grow from the roots and base of older plants. They are separated from the parent tree with part of the root attached. Once planted they must be kept well watered and protected until they establish.

### Ovuli

These are protuberances from the base of older trees. They can be cut off and buried, where they will grow into a new tree. Damage to the parent tree limits the practicality of this method of cultivation.

## HABITAT

Olive trees are best suited to Mediterranean climates: long, hot growing seasons and cold winters. The trees require winter chilling to set fruit and they are frost tolerant to -6°C. Olive trees have an extensive, shallow, lateral root system. They like rich, well-drained soil with a pH between 6.5 and 7.5, but will grow on stony hills. While they can survive severe drought, production is higher and more consistent if adequate water is supplied at principal times of growth and fruit development.

Olives will tend to bear biannually if

left untended, producing a large yield one year, followed by a poor yield the next. This is because fruit is borne on one-year-old wood; if fruit set is heavy and there is little regrowth, then there are few fruit-bearing limbs for the following year. The principal times for vegetative growth are spring, summer and autumn. Olives will shut down in winter and summer when temperatures fall below 5°C or rise above 35°C. Flowers set in late spring and fruit development follows. The fruit are ready to harvest in autumn or early winter.

If you are thinking about commercial production of olives, be aware that there has recently been a mass of plantings throughout Australia.

Vince Conlan is a nurseryman and farmer at Binya. You can order his book, *Fodder Forests Grow Your Own Trees For Less Than 5 Cents Each*, by posting \$25 to: 'Gowrie', Binya, NSW 2665. Each book comes with free seed.

Damian Conlan is a horticulturist for the NSW Department of Agriculture, Yanco.



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# RAMMED EARTH FINAL STAGES

by Bette Shiels, Bundaberg, Qld.

In the last few issues of GR I've described the development of our rammed earth house, the culmination of a long-held dream. We reached a stage when our house was approaching lock-up stage and our rental house lease was up, so we had to work longer hours to make the house livable. This meant having our gas fitted, light fittings connected and plumbing inspected.

We'd had the 66,000 litre water tank built below ground when we first laid the house slab. After the hole was excavated it was fascinating to watch the tank builders construct the tank, section by section. Once the roof was on the house, we had enough water collected to last us a year by the time we moved in.

Our land is heavily wooded, so the most appropriate place for the clothes-line was atop the water tank. To do this we asked the concreter to leave a hole in the centre of the tank, and we inserted a 100 millimetre PVC pipe and filled it to three-quarters the depth of the tank with concrete before implanting the rotary line. Unfortunately, Col didn't compare the line's height with mine, and I now have to stand on tiptoe to hang washing, even with the line at its lowest level. One day I'm sure he'll

lower it for me, or else his next wife will need to be very tall.

Next came the septic tank. Having rented a house nearby which had two separate tanks, one for sewage, the other for grey water, we decided there had to be a better alternative, because the grey water overflow ran out onto the surrounding earth. Col contacted Bundaberg Concrete Casters and was pleased to find that they had a system which required only one 1000 litre tank which had three chambers. Waste flowed from the first chamber into a second, then was filtered by a pump with a float switch into the third chamber. This was in turn pumped out to a

garden 50 metres from the tank. We had no hesitation deciding on this system. Only one hole had to be dug and Col borrowed a friend's front-end loader to do it. We struck a plateau of rock before we reached the depth required. This caused a few headaches, but we overcame them by sealing the inflow hole and boring another 140 millimetres below the first. This gave the desired fall. It also meant hand-digging the trenches a few millimetres deeper.

Council bylaws state that the garden required for the waste water must be planted with at least nine trees. Luckily, the local nursery was having a sale with trees for \$1.50 each, unnamed varieties,



Above: The internal garden with its vigorous plants and resident wildlife takes people's breath away.  
Left: Completed house with gardens beginning to be impressive – we'll keep building.

but we bought about fifty, all well established. This section of garden has become my plant nursery. Everything planted there grows wonderfully. Seeds, cuttings and half-dead plants I rescue from the bargain tables at K Mart and Big W. Once rejuvenated, I transfer them to other gardens and have not lost one plant yet.

One of the pleasures of building our own house was meeting our electrician. Andrew Perry was just starting out in business when Col heard of him through a friend. Since day one, nothing has been a trouble to him. Many times I changed my mind on placement of light switches and fittings. Andrew simply smiled and said, 'I'll do it this time but the next change will cost you an extra thousand bucks on your bill'. But he still obliged.

One day Col came home very pleased with himself because he had made a deal with a friend to grade our drive for the small cost of two slabs of beer. I should have known immediately that there's no such thing as a free lunch, but the driveway had washed away badly and I agreed. It was duly graded and looking wonderful by 4pm, until the grader driver came to inform us that he'd accidentally knocked the power box off the power pole near the drive. Not only was our power cut, the wires were still live, so we rang Andrew in a panic.

Within twenty minutes he arrived to help. He worked frantically to reconnect the power for us, but daylight faded and by 8.30pm we had two vehicles with blazing headlights directed on the mangled powerbox, Col holding wires, and me holding a torch. Power was reconnected by 9.30pm, thanks to a dedicated electrician. The final account for the graded drive was \$300 plus two slabs of beer.

We finally moved into the house, minus half the floorboards and with no ceiling. I sealed the bare half of the concrete slab with Lustre Seal, which not only gave it a high gloss sheen but stopped any dust. A mop-over every few days keeps it looking fresh and clean. A couple of carpet squares add a homely touch until we find time to finish the flooring.

Col had finished his contract on the

bridge and was home to finish building the interior. I read up on how to plaster, as I had the job of sealing joins and nail holes in the plastered interior walls. It looked quite simple: mix with water, slap it on and smooth with a trowel. Almost like decorating a cake really, and I'd been doing that for thirty years. I soon found that it takes hours of practice to leave no evidence of joins in plaster.

Col shopped around for a plasterer to put up the ceiling, and got three quotes, all very expensive. None, however, were able to cope with the octagonal dimensions of the building. We decided to do it ourselves, but first we had to learn how.

Col worked out the circumference of the building and the plaster needed, and went to the local plaster suppliers.

***We sit back now and wonder how we ever had the fortitude and strength to fulfill this dream house, as do our friends. Had we known the trials and tribulations we were to experience beforehand, would we have accepted the challenge?***

As fate would have it, a plasterer came in while Col was discussing the house with the supplier, and the plasterer, a middle-aged Italian chap, said he had done a ceiling in an octagonal house before and would come and have a look at it.

We told him our finances were limited, so, after inspecting the job, he agreed to do it for twenty dollars per hour, providing we helped. He expected the job would only take a week or so. We accepted his offer.

He had underestimated the amount of corners throughout the house, and the fact that we already had our furniture inside. We spent a good deal of the time setting up walking planks, because he was unable to use stilts as was his normal way.

Although the job took four weeks, we had lots of fun. Col was a head taller than Joe, who was short and stocky with no neck. I soon found out why when he hefted a large sheet of plaster onto his bald head and held it there while he screwed it in place. (He was probably 1.8 metres tall as a young bloke, but twenty years of placing ceilings has taken its toll.) Col held the

opposite end in place for him, but after a few hours of wearing out his head he went outside and came back wearing his construction hard hat to save his tender skull, much to our amusement.

Meanwhile, I ran around holding a broom to the centre of each plaster sheet, for balance. Then Joe showed me how to plaster properly, and swiftly, as the mixture went off very fast. Admittedly, I usually ended each day more plastered than the ceiling, but Joe was such a perfectionist that he insisted on scraping off my earlier efforts and showing me how to really run a smooth line.

With rammed earth walls, perfect lines are difficult to obtain, but that is how we like it, it adds to the rustic effect we want. However, to a perfectionist plasterer, joins which were slightly out, and walls with curious curves instead of symmetrical lines, caused many an angry outburst, and Col and I fell about laughing every time Joe yelled 'bludda basta!'. After the second week, our finances were stretched to the limit, and we told Joe that we would complete the job ourselves, but he insisted on finishing the work and allowed us to pay the balance later. Few contractors are so understanding. By the time he left we were good friends, swapping plants from our gardens.

Most of the back-breaking work is completed now. Our interior garden takes people's breath away when they enter the house. We have two budgies flying free inside the glass dome, two bearded dragons and a water dragon that frolic around our fishpond and ferns. I tutor a class of gardeners at the University of the Third Age and we swap plants and ideas, so that now the landscaping is really taking shape.

We sit back now and wonder how we ever had the fortitude and strength to fulfill this dream house, as do our friends. Had we known the trials and tribulations we were to experience beforehand, would we have accepted the challenge? You'd better believe we would have! Of course, it will never be completed to our satisfaction, but the Greeks say: 'When the house is finished, the dying starts'. As we have no intention of ever dying, we'll keep building.



# WHAT'S ON

Those interested in sheep and/or textiles have a couple of events on offer during July, others might like to use rainy winter days to try out their writing skills or to plan ahead for events held in the spring.

## AUSTRALIAN SHEEP AND WOOL SHOW

The Australian Sheep and Wool Show will be held at Bendigo Showgrounds this year after 17 years in Melbourne. Featuring the best sheep in the country together with a large range of wool-craft and trade exhibits, the show will run over three days between 21 and 23 July, with a ram sale to be held on 24 July. Highlights of the Show will include live sheep judging at the Annual Breeders' Dinner and a Merino feature. Contact the Show Secretary, Andrew Temouth on 03-5439-5094 for more details.

## FLINDERS FIBRE SCHOOL

The Handspinners and Weavers Guild of SA Inc is holding this year's Fibre School

from 9 to 11 July. It features an enticing list of workshops, including machine embroidery, paper mache, hand-knitting and machine patchwork. The cost is \$180 and includes tuition, meals and accommodation. For more details contact Hazel Fewell on 08-8663-5051.

## 2000 NATURE WRITING COMPETITION

The Friends of Mallacoota are sponsoring their third Nature Writing Competition. Entrants are invited to submit 1300 words of poetry or prose on the subject of nature. Writing is expected to convey enthusiasm for natural phenomena in an interesting way. The deadline for entries is 1 September 2000 and entry forms can be obtained by sending an SAE to: Marg Files, Nature Writing Competition, PO Box 49, Mallacoota 3892. There is a \$2 entry fee. Prizes are in two categories: adult (over 18) prose prize \$150, poetry prize \$50, and youth (under 18) prose prize \$50, poetry prize \$25.

## THE GEELONG FORUM 2000

The Australian Forum for Textile Arts Ltd has been running a very successful Forum at Mittagong for the last ten years. Now it will repeat the event each spring at the well-equipped Geelong Grammar School on Corio Bay. There are still spaces available in some excellent classes at this year's Geelong Forum from 17 to 23 September. For the cost of \$225 for the week's workshop and extra activities, you could choose from: wild weaving for wonderful garments, knit design alternatives, Maori flax weaving, or dyeing yarns from fauna and flora, to name a few. Other exhibitions featuring quilting, basketmaking, papermaking, feltmaking and beads will be held concurrently in the Geelong area. World experts in the field will be conducting the workshops. For full details send SAE to: TAFTA, PO Box 38, The Gap 4061. Ph: 07-3300-6491.

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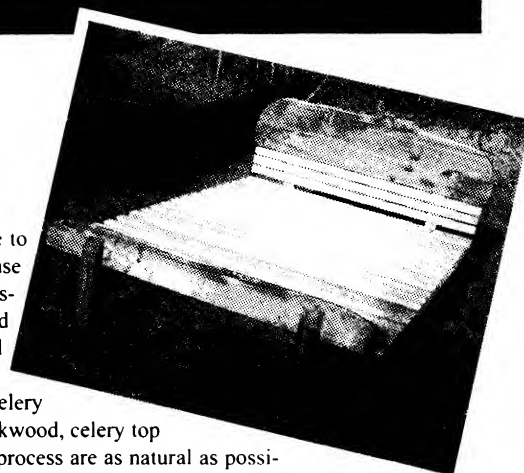
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The manufacturer claims Spot-X will remove tough hard water stains and the heavy white residue that builds up on shower screens, tiles, bath and sinks. Such residue can be left behind by other cleaning products which are usually acid or solvent based and tend to 'eat' in to the first surface layer, making future cleaning more difficult. Spot-X can also remove road film, tar, wax, tree sap, mould, oil, grime, glue, graffiti and more. The cleaner is totally nonbiotoxic, and polishes the surface for easier cleaning in future. As there is no film left on the cleaned surface, future dirt does not gather and become ingrained so easily. Spot-X can be used for glass, porcelain and stainless steel surfaces and is available at hardware and plumbing stores for around \$19.95.

For more details contact: Handi Home Supplies, 50

Longview Court, Thomastown 3074.

Ph: 03-9466-1611.

### IMPROVE YOUR OXYGEN SUPPLY

Oxygen supply is decreasing with the continuing environmental impact on our oceans and rainforests. O2xyrich is a new supplement containing near-pH neutral, pure diatomic oxygen that can assist the body by improving vitamin, mineral and nutrient uptake. It has a high concentration of bio-available oxygen and is not chemically formulated, is colourless, nontoxic and hypo-allergenic. Some of the symptoms of oxygen deficiency include fatigue, memory loss, poor digestion, depression, dizziness, circulation problems and lowered immunity. The normal daily dose of O2xyrich, 15 to 20 drops in 250 ml of water, can lead to dramatically boosted energy levels, a stronger immune system, heightened concentration and a calmer nervous system, according to the manufacturer's stated benefits.

For more information or details on local stockists contact: Eternal Youth, PO Box 366, Strathpine 4500. Ph: 1800-247-322, or visit their website on <http://www.herli.com.au/oxyrich1.htm>.

### SAVE SEVENTY PERCENT OF YOUR GARDEN WATER

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For more information contact: Leeaky Hose, 86 York Street, Richmond 3121. Ph: 03-9429-2977, or for a full installation manual visit the Leeaky Hose website on [www.leeaky.com.au](http://www.leeaky.com.au)

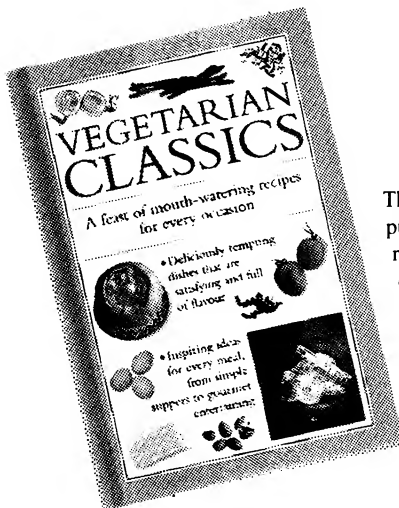
### ENVIRONMENTALLY FRIENDLY RABBIT CONTROL

The European wild rabbit is one of Australia's worst introduced pests. Total costs from rabbit damage are estimated to be \$600 billion annually. Rabbait products contain the environmentally friendly sodium salt of pindone. This is the preferred method of controlling rabbits in semi-urban situations. The products target rabbits and thin their blood through depleting vitamin K reserves, and, with reduced risk to stock and pets, they are convenient and safe to use. The poison breaks down in the environment with no long-term residues and is water soluble. Rabbait Pindone Oat Bait is a ready-to-use preparation of oats coated with pindone. The low-dose strategy reduces risks to wildlife and oats are dyed green to deter birds that prefer food of other colours. Vitamin K1 is an effective antidote to the oats that are also husk-coated to increase safety to birds that eat only the nonpoisoned kernal. Grain is gamma sterilised to eliminate risk of oat or weed seed germination. Rabbait Pindone Oat Bait can be used in conjunction with Rabbait Azueous Pindone Concentrate. The latter is supplied only to government agencies and licensed contractors whose advice should be sought before commencing the programme. Rabbait Pindone Oat Bait is available through traditional rural merchandise stores.

For more information contact: Animal Control Technologies, PO Box 379, Somerton 3062. Ph: 03-9308-9688.

# Recent Releases

On this page we present information about newly published books that we feel will interest readers, with details of prices and publishers. We no longer distribute books for other publishers so if you're interested in buying any of the books described here, please order them through your nearest bookstore.



## ★ FEATURE TITLE ★

**VEGETARIAN CLASSICS**  
Valerie Ferguson (ed)

There are some great recipes in this handy little publication. Initially you will be introduced to a range of standard ingredients that form the basis of many vegetarian recipes, as well as some preparation techniques. Colour pictures and simple instructions will inspire you to test and then taste some of these scrumptious vegetarian meals. You'll find all the classics: mous-saka, stuffed eggplant, lasagne, as well as some more unusual dishes like Indian spiced okra with almonds, or parsnip and

pecan gougeres with watercress and rocket sauce. There are practical 'cook's tips' accompanying many of the recipes that will ensure you prepare each meal to perfection. As this was first published overseas, make sure you check the back page for a note to Australian readers about using three teaspoons in place of one tablespoon in recipes calling for the latter.

**H/b, 64pp, Macmillan Education Australia,  
267 Chapel Street, South Yarra 3141.  
Ph: 03-9825-1025. RRP: \$6.95**

## GENETIC ENGINEERING, FOOD, AND OUR ENVIRONMENT A Brief Guide Luke Anderson

This book clearly and simply explains the all-powerful connections between environment and politics in the area of genetic engineering. These connections have serious long-term implications for all of us, for our health, for farming and the environment, but governments continue to support genetic engineering in the face of public opposition. Anderson walks us through these issues logically. What is genetic engineering and why is it being introduced? Who are the decision-makers in the area of future food supply and why has there been no discussion on its introduction? With a foreword by Australian GeneEthics Network Director Bob Phelps, this book is essential reading for anyone who cares about our environment and wants to better understand the key issues of the genetic engineering debate. Anderson is a journalist and campaigner who specialises in genetic engineering issues. He is a consultant for the UK Soil Association's genetic engineering campaign and has written on the subject for environmental organisations such as Greenpeace International.

**P/b, 191pp, Scribe Publications, PO Box 287, Carlton North  
3054. Ph: 03-9381-2715. RRP: \$17.95.**

## FRAMEWORK: Making your own frames Victoria Brown

This book is a straightforward guide to making your own frames for photos, paintings or mirrors. The end results are colourful and unique, and offer future scope for developing your own ideas. Step-by-step instructions for making over twenty original frames are clearly set out with numerous colour illustrations and templates accompanying the text. A range of crafts are utilised, including painting, gilding, cross stitch, tinwork and plasterwork; and the items you will need for each frame are listed and explained. The creative possibilities that flow on from this basic guide are endless and could involve much fun foraging for beautiful pieces of driftwood or bush seed pods to make that visual impact.

Australian suppliers are listed at the end of the book.

**P/b, 96pp, Macmillan Education Australia, 267 Chapel Street,  
South Yarra 3141. RRP: \$14.95.**

## ARCHAEOLOGY OF THE DREAMTIME

**The story of prehistoric Australia and its people  
Josephine Flood**

This work outlines the fascinating story of Australia's first settlers, their origins, how they came here from Asia in boats, plus where and how they lived in this country over 60,000 years ago by adapting to both arid and tropical climates. The latest information on Mungo Man, Jinmium and rock art in the Kimberley make this the most up-to-date book on the subject. Flood looks at how the extinction of megafauna may be intricately related to dreamtime stories and how 10,000 years of isolation affected Tasmania. This is dense, detailed writing, but patience will reward with most captivating insights into this country. Flood has participated extensively in archaeological fieldwork in most states and territories in Australia. She has published widely on Australian prehistory and is the author of four other books, as well as being Director of the Aboriginal Environment Section of the Australian Heritage Commission in Canberra from 1978 to 1991.

**P/b, 327pp, Angus & Robertson, 25 Ryde Road, Pymble 2073. Ph:  
02-9952-5482. RRP: \$39.95.**

## AUSTRALIAN BUSH SURVIVAL SKILLS A Complete Guide to Surviving in the Wild Kevin Casey

This book could help to save your life. It offers numerous practical, field-tested survival techniques that keep people alive in difficult bush situations. Many of these techniques are being published for the first time and are invaluable for any outdoor enthusiast. For example, the correct use of water transpiration bags to get water from plants in arid regions is precisely explained. There is practical advice on everything from building snow shelters and finding bush tucker, to dealing with vehicle breakdown and obtaining water in isolated areas. Illustrations and over 60 photos complement the text, which stresses self-reliance, preparation and regular honing of essential bush survival skills.

**P/b, 272pp, Kimberley Publications, PO Box 6095, Upper Mount  
Gravatt 4122. Ph: 07-3343-6589. RRP: \$22.70.**

# JAMIE'S JACKET

by Tania Gilbert, Wild Horse Plains, SA.

Time has passed, our son is almost four years old and a big brother now, but I took up the challenge of using the left-over lambswool offcuts to create a jacket for him. I found a jacket pattern I had and traced it onto some newspaper as a template. Alternatively, you could trace a rough draft from a jacket you already have, or, if you are really clever, you could draw your own templates using the diagrams below as a guide.

Sifting through the offcuts, I looked for pieces which fitted together snugly or with a small nip and tuck. I placed them on the newspaper pattern, starting from an edge. Once I had found five or six pieces which came together nicely, I punched holes along the leather edges that met. I wasn't too particular about the space between the holes – as long as the two meeting pieces have the same number of holes they will come together okay. Personally, I think the slight unevenness adds a creative homely touch.

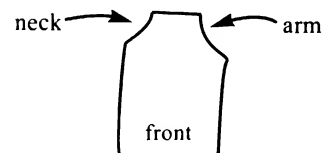
Then, I cut long lengths of wool and started to create the jacket, using two curved needles to lace the lambswool as if lacing shoes, with the crossovers making cross stitches on the leather side. Be sure to tie any knots or joins to the fluffy side of the pieces so they are hidden.

You can buy wool specially for this project if you want a single colour to do the stitching, but any wool offcuts will do. I'm not a knitter but was lucky enough to have won some tapestry

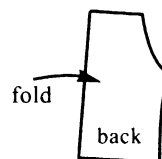


Jamie proudly wearing his unique jacket of many colours – the only outlay being \$3.50 for the buy of offcuts.

front pieces – you'll need two one left side & one right side



cut one back piece



wool in a competition right about the time I started the jacket, so I've really had no expenses apart from the \$3.50 to purchase the huge bag of offcuts months ago.

Once I'd got the pieces to look like the paper template, I laced the shoulders and beneath the armholes to complete the jacket's shape. Then, after punching holes along all the outer edges, I used blanket stitch to complete the overall effect.

Be warned, this is a very time consuming project, but the personal satisfaction I got from doing it is worth every hour I put into it, especially when I see the looks of surprise when I tell people who enquire where I got the jacket that I created it myself. Guaranteed, there'll never be another jacket like it.

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# PESTICIDE-FREE FRUIT FLY CONTROL



by Bill Thomas, Mt Gravatt, Qld.

Fruit flies are Australian native insects which were here long before the arrival of Europeans and will be here long after we are gone. Before the development of agriculture they lived in harmony with nature in numbers that were kept in check by the availability of native food, host plants and natural predators. With every new farm developed came perfect abundant breeding grounds for our native fruit flies, and today, with our huge commercial farms and orchards, fruit flies breed by the millions, far more than nature ever intended.

Since early last century, entomologists have worked endlessly to understand the fruit fly, and over the years several species have been discovered. For example, we have the banana fly, capsicum fly, mango fly, the Queensland fruit fly, the 'lesser' Queensland fruit fly, to name a few. To the untrained eye, all look to be the same, with brown/black bodies and distinctive yellow markings. Different species of fruit fly generally attack different crop types, although the Queensland fruit fly attacks nearly all crop types and has spread right throughout eastern coastal Australia and has even gone west into parts of NSW, Victoria and South Australia.

Fruit fly eradication is a costly exercise both in terms of dollars and the risks to human health. Agricultural industries, both in Australia and worldwide, lose hundreds of millions of dollars in produce annually. Here are a few facts about fruit flies and their control which we at Wild May Essential Oils have uncovered and would like to pass on to you.

- There are to date no successful female fruit fly lures. Although there are many attractant recipes available which have been used for decades, their success is only minor as fruit flies will always prefer go to natural sources of food supply. Thinking about it logically,

if food attractants were a successful method of fruit fly control, both government agricultural departments and commercial growers would be using them, which they are not.

- Fruit flies do not just disappear after the fruiting season is over, they survive right through the winter, albeit in small numbers. They live in shady protected gullies and have been found in eaves of houses in winter.

- Pheromone attractants attract male fruit flies only. The wick-type traps sold to the public attract only male fruit flies. Work has been done worldwide for years to develop a pheromone attractant for female fruit flies, to date without success.

- Fruit flies, being a native insect, cannot be completely eradicated; they still exist in our native bushland and will be ever present.

So what can we do to control this pest of pests? Although Wild May Essential Oils P/L is a newly formed Australian company, its directors have been independently working on our Fruit Fly Attractant for several years now. Evidence from our own research shows that we can control the fruit fly problem without the use of chemical pesticides. This has been achieved by the use of the common type of fruit fly attractants and our unique native essential oil, all formulated into our nontoxic killing system.

Male eradication is a major part of large government eradication programmes worldwide. In California in 1974, male pheromone attractants were used to control an outbreak of Oriental fruit fly, the programme was entirely successful. In fact, the use of male pheromone attractants to control Oriental fruit fly became government legislation for the US Department of Agriculture.

All male pheromone attractants rely on the use of pesticides as the killing system. This is unacceptable for use on

the growing number of organic farms. Wild May Essential Oils use a nontoxic killing system for our male pheromone attractants. Fruit flies do not have lungs, they breathe through pores in their bodies. We have added nontoxic ingredients to our liquid attractant to block the breathing pores of the flies and suffocate them in around 10 seconds.

Over the past four years, we have carried out research on various properties on the Queensland Sunshine Coast district to prove the viability of male eradication techniques one way or the other. The result of our work has shown that two types of attractants are required to cover the cross-section of fruit flies found on these properties. Queensland fruit fly comes to the attractant Cue Lure; yet other flies found, such as the banana fly and the capsicum fly, come to the lure methyl ethanol. Large numbers of flies were captured when our traps were initially installed, this indicates that there were also large numbers of fertile females in the area.

As expected, fly strikes were initially high (female fruit flies need only to mate once to remain fertile for their lifetime). As several weeks passed, fewer and fewer fruit flies were appearing in our traps, meaning that male eradication was well under way, and fewer and fewer fly strikes occurred, indicating that the first generation of females was dying off. Eventually, only one or two flies were appearing in our traps and on two occasions fly strikes were nonexistent. From this we have concluded that by continually eradicating male fruit flies over three generations, any remaining females cannot find males to mate with and are either leaving the area in search of males or dying off. We have observed that properties that allowed the traps to dry out, even for a few days, sustained fly strikes, which shows the eradication programme cannot be broken.

From what we have learned from discussions with entomologists,



pheromone attractants are very powerful and can attract fruit flies from several kilometres away. Male fruit flies need only a few molecules of air-borne attractant and follow it upwind to its source. It must be noted that you are only attracting males and not bringing any more females to your property than are already there.

Commercial farms spend large amounts of money for regulated fruit fly control. In Cairns in 1998 there was an outbreak of Papaya fruit fly which was claimed to have originated from backyard growers in residential Cairns. If they had been using our fruit fly control system this may not have occurred. The more the private sector and organic growers utilise our system, the less the threat of another major fruit fly outbreak.

I hope that this brief article will give a greater understanding of the nation's fruit fly problem and our company's ongoing commitment to addressing this problem in an environmentally friendly manner.

For further information about fruit flies and our products we can be contacted on 07-3349-5283, or fax 07-3420-3245.

A useful book to obtain is *Safer Pest Control for Homes and Gardens*, by Paul Rogers, published by Choice Books, who also put out *Choice* magazine. It looks at the chemical products commonly used and recommends safe alternatives.

# INSECT REPELLENTS

by Roberino, Arrawarra Beach, NSW.

Many writers to GR over the years have asked about safe insect repellents for their babies, animals and themselves, noting that personal insect repellents or skin sprays contain diethyltoluamide, commonly called deet. Deet, they argue, should be avoided at all costs and sunblocks/suntan lotions/personal insect repellents all carry copious warnings about the dangers to children and adults over prolonged periods and also advise not to spray it on your tent! Dangerous for your tent? Please! I'm gonna stay away from that! It pays to read the small print on some of these things.

There is a good, completely natural personal spray on the market called Bugless, a citronella-based spray made by Amour Holdings Australia, 11 Lorraine Street, Peakhurst 2201, or ph: 02-9584-1144. There may be other brands, and of course you can make your own at maybe a reduced cost. You can buy pure citronella oil at many chemists or health food shops. Do not use the 10 percent citronella oil mixed with 90 percent kerosene and sold in hardware shops for outdoor flares used around barbecues to keep

insects away and provide night lighting, usually in bamboo stake holders. Pure citronella oil is made by pharmaceutical companies such as David Craig (ph: 07-3277-1518), and 100 ml costs about \$6 to the trade.

To dilute, blend 40 drops with 10 ml of methylated spirits then add to a pump spray bottle with 500 ml of water. Shake well before use and, using a fine spray, apply to exposed skin. Avoid eyes as the methylated spirits will sting. Pump spray bottles can be bought at supermarkets and hardware stores for about \$2. You can also recycle the small pump spray bottles from deodorants etc. Clearly mark what the bottle contains with a permanent marker and mark all spray bottles conspicuously. I once saw someone spraying the clothes they were ironing with Agent Orange. Number one son had borrowed his mother's water spray to do 'some weed control'. Earlier in the day the small fry had been playing water pistols with it. You can never be too careful.

Jackie French and Alan Hayes have published books on other insect repellents of a natural nature. Alan's website is [www.itssonatural.com](http://www.itssonatural.com)

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## DOWN HOME ON THE FARM

by Sunshine Miller.

For years I have read 'Down Home on the Farm' and cringed to see my life's sorry incidents shaped into entertaining and often embarrassing stories. It would be nice, just for a change, to tell things my way, so I've persuaded Megg to move aside for an issue so I can write about life down home in the city. Despite the location change, I think my struggles are all too certainly in line with the DHOTF brief!

After a trip roughing it through Europe with the boyfriend, Marcel, last year, I settled in to work for Megg and David here at GR. The boyfriend was pleased I was spending some time each day in a rural environment. He had discovered that you could take the girl out of the country but not the country out of the girl. We had spent some gorgeous weeks of our trip driving around the French, then English, countryside. I was starting to feel homesick by this stage and every time I saw a country cottage I'd scream, 'Stop! Chookies!'. Marcel would then embed the car in some roadside bank so that I could lean over the fence and talk to the poultry. He was very

patient, but was not equally inclined to take a photo of every single foreign chook, duck or roadside pheasant. Megg appreciated them though!

On return from seeing the wonderful neat European gardens, I naturally had big plans for my own. While away, the council had kindly chopped down the tree outside our terrace. Normally I would be upset, but this tree was dead, and home to a family of possums who supplemented their gum leaves with anything slightly verdant from my backyard. This was a personal vendetta – they never attacked anyone else's flowerpots. I wasn't surprised when one notoriously died in a stink under the house during a heatwave last year. It took a while to comprehend they had truly gone, unwrap the chicken wire from the few sad plants left, and really get into gardening.

My house, known as the 'matchbox', has an equally matchbox-sized, paved yard, just big enough to hold a little car. The car has never had a chance in the competition for space and takes its chances out on the mean streets. I thought that I was being gen-

erous allowing Marcel room for a small BBQ. Apparently a man is not a man without a BBQ, especially when there is no space for a shed, and I would certainly commandeer it for potting if there were.

In times of stress at work, Megg and I skulk off to the nearby nursery for five minutes of browsing and fantasising. We do try to limit ourselves to just looking, but it does sometimes get the better of us and we come back with just a few little seedlings we assure each other we really did need. Megg has a valid excuse; a nice rural place with lots of space to grow cottage flowers and enormous vegies. In my case it's more like trying to fit an acre of plants (in pots) into a handkerchief. Marcel put his foot down: there was just no more room for another variety of thyme, another colour of lavender (pink is nice), another geranium, camellia, golden oregano or Chinese windflower. I won't even start on the succulents. (Megg was disgusted, but I love the addictive little suckers, and when she heard there was a plant called 'hen and chickens', even



Part of my absorbing potted garden in a matchbox-sized inner-city paved yard.

she came around.) By this time my yard was starting to resemble a small, potted jungle and I had to sneak things in the back way when the boy was watching sport on the box. Mary, our GR editor, was a bad influence from the start, bringing fabulous cuttings, and when given a tour, remarking in Marcel's hearing that there was certainly room for a few more plants. He went back to the cricket, shaking his head in sorry disbelief!

My only option was to get him involved. I bought a pink evening primrose and said the name had reminded me of him. With that challenge to his manhood, he mucked in and even turned out to be an excellent waterer. This involves numerous refillings of the rusty five-litre watering can, as, although we have an old tap outside and a length of hose donated by Megg, neither Marcel nor I can work out how to bring the two together. It's out of a girl's league, and obviously a city boy's as well. So in the meantime, it's all by hand. Trouble is, he has now started to recognise the new plants!

You can imagine my dilemma when I saw a second-hand pond in our local nursery. Visions of the water gardens of the Alhambra in Spain rose romantically in my mind. I had to have it. But how could I sneak in something this size? There went my weekend drinking money on pond, waterlilies and three artistic goldfish. I couldn't carry it all from the car and had to stand outside the house and yell for a rescue. Next thing Marcel knew he was carrying a pond shell and three horrified fish through the house, and I was so excited to get home at last and finally set them up, all I could articulate was 'pond!' We spent hours peering hopefully into the dark waters for a flash of orange or a splash of fin. The fish, however, are quiet, staid creatures, shy of human presence, and, pet-wise, I'd have to say they have proved disappointing. For entertainment value give me a chook any day.

Mary and I had been discussing bringing more beneficial insects to the garden and one weekend I hit the jackpot and had an inner-city bee and a butterfly on the same day. It was very satisfying. The spider that appeared the next weekend was not as good, especially as Marcel would consequently not go outside and I had to do all the

watering myself! Today's men!

Despite the pernicious influence of the nursery, almost all of my garden has come from cuttings the GR girls have kindly brought for me, or that I have sneakily nipped off when walking at dusk, or from Megg's out-of-date seeds. I'm very proud of my knee high lemon tree grown from a single lemon pip rescued from an afternoon gin and tonic. The garlic clove that didn't make it into the stir-fry has also supplied us with months of garlic. I was slightly alarmed when I sprinkled a marigold head into the soil recently, thinking seedlings might grow in that spot in spring, only to find baby marigolds there three days later! That was not supposed to happen! I had to move them very quickly.

The only resource I lack is dirt, which I'm shamefully forced to go and dig from Megg's yard (always full of nettles too). I found gold when I discovered a disused quarry full of artistic stones; they make great mulch cover, look fantastic, and even the fish like them. Megg gave me a pair of old secateurs, so when the going gets rough I can always go round and have a happy chop. Marcel seems not to mind that the dishes and bed making are suffering, and he doesn't know, but I have a few little projects up my sleeve. Every girl needs some compost, and next year I might turn my hand to vegies in polystyrene containers. Since the fish have turned out to be so boring, I have been thinking a small chook might be just the thing . . .

---

## PENPALS

I am a country mum aged 33 who would like to hear from other females for friendship. Interests are photography, nature, gardening, reading, cooking and painting. I have two boys, six and two, who are very happy and healthy country boys. I am renovating our home in unusual methods. Please write, I'd love to hear about your lifestyle.

**Karen Kneale**

**'Glen-Mona', TOMINGLEY 2869.**

Greetings Earthlings! I reign from the magical ethers of the Neptunian depths. Since incarnation as a male, I have experienced 25 solar returns. I would love any females of any age to share tales of astrology, magic and celestial journeys.

**Clinton Hurst**

**109 Days Rd, COOMERA, 4209.**

My name is Rebecca. I am in my early thirties. I spend lengthy periods working in the outback of SA. I love the bush, photography, film making, travel, story writing, alternative lifestyles and inspired communication. I would like to correspond with those of similar interests. I look forward to answering all letters.

**Rebecca Burnett-Read (GR 139)**

**C/- GR, PO Box 117, SEYMOUR 3661.**

I am Rhiannon. I live on a farm. I like animals, cooking and camping. My age is eight.

**Rhiannon (GR 139)**

**C/- GR, PO Box 117, SEYMOUR 3661.**

Hi! I'm a keen cyclist, love bushwalking, my dogs, travel, art and music. Would like to correspond with males/females 50 - 55 years, similar interests.

**Maz Williams (GR 139)**

**C/- GR, PO Box 117, SEYMOUR 3661.**

I am a 36 year old single country guy. Some of my interests include, organic gardening, bushwalking, camping, beaches, collecting things, farm life, forests, wild animals. I would like to correspond with females of any age who may share some of these interests also.

**Robert**

**PO Box 6075, TOOWOOMBA WEST 4350.**

Hi, My name is Kelsey and I would like a penpal aged 8 - 11 years. I play the piano and enjoy dancing and swimming. I love reading and like rabbits, birds, dolphins, horses and goats.

**Kelsey Gibson (GR 139)**

**C/- GR, PO Box 117, SEYMOUR 3661.**

G'day, my name is Tamar and I would looove brown and hazel eyed penpals aged 10 - 11. I don't care if you are a girl or a boy, just write! My hobbies are swimming, writing letters, reading and drawing. All letters will be answered.

**Tamar (GR 139)**

**C/- GR, PO Box 117, SEYMOUR 3661.**

Hello, I am a happily married 35 year old mother of two children, living on a hobby farm near the Murray River. I would like to correspond with someone. My interests are animals, horse riding, my children, folk art painting and the daily ups and downs of living out of town on the land.

**Lyn**

**RMB 2705, KATUNGA 3640.**

Hi, my name is Jessica. I'm nearly 11 years old. I like singing, reading books, and listening to tapes. I am looking for a girl who's near the same age as me. I live on a hobby farm.

**Jessica (GR 139)**

**C/- GR, PO Box 117, SEYMOUR 3661.**

My name is Airess and I am almost 13. I love gymnastics, acrobatics, dancing, drama, art and magic. If I sound like someone you'd like to write to then pick up a pen and write!

**Airess Drake (GR 139)**

**C/- GR, PO Box 117, SEYMOUR 3661.**

# GRASSIFIEDS

## HOW TO ADVERTISE

Use the form provided below, or a separate sheet of paper, to print your advertisement clearly, **not in block capitals**, including correct punctuation. If you have more than one ad please print each one on a separate page. Remember to include an address or phone number in your advertisement. Count the number of words and multiply by 80 cents per word (phone number counted as one word) to work out the total cost of your advertisement. Send **with payment** to Grass Roots, PO Box 117, Seymour 3661, before the deadline and we'll include your advertisement in the next issue of Grass Roots. **Deadline for GR 140 is 30th June, 2000.** Please do not fax ads.

Sender's Name ..... For issues no/s .....  
 Address ..... Classification .....  
 ..... Postcode ..... Cost .....

**Cost for advertisements is 80c per word**

## PROPERTY FOR SALE

### NEW SOUTH WALES

**CENTRAL COAST**, 25 ac on Bushells Ridge, lovely outlook, elec fences, running goats. Very comfortable, renovated, 3 b/r + study + sleepout country cottage. All very neat & tidy. Sydney 1 1/2 hrs. \$365,000. Ph: Bob, 02-4357-1034.

**FAR NORTH COAST**, between Casino-Kyogle, 130 easily accessible but secluded ac. Trees, grazing areas, hilltop views, wildlife, near-new brick-tile 3 b/r home, woodstove, 2 5000 gal water tanks, bore, windmill, dam, 300 bananas, mixed young orchard. \$195,000. Ph: 02-6633-5155.

**DORRIGO, TWENTY-FIVE ACRES**, cabin, r/forest, 5 ac crk flats. Artist retreat, crystal-clear water, 3 1/2 hrs Byron Bay, 1 hr Bellingen. Bargain priced to sell at \$72,000. Ph: 02-6657-8057.

**FORTY MINUTES NORTH-WEST PORT MACQUARIE**, 3 b/r cottage on 2.8 ac, solar power & gas, combustion stove, timber interior, dam, tanks, estab fruit & nut trees, vegie garden. Serene seclusion 400 m from nat pk. \$115,000 ONO. Ph: 02-6585-8028, or email: maranatha@oceania.net

**LAND FOR SALE**, 21 ac, Tabulam, NSW. \$25,000 ONO. Ph: 02-6665-1263.

**LOT 28 MOUNTAIN CREEK RD**, via Tenterfield, NSW 2372, 50 ac, livable shed, 33 ft x 19 ft, 2000 water tank, Oliver dozer. \$40,000. Ph: 02-6550-2677, Thurs 8 - 8.30pm.  
**FOR SALE** 3 b/r house on 3 1/2 ac land, 5 mins walk to shops in Bombala (subdivision potential). Ph: Dot, 02-6494-2193.

**THORA VALLEY**, mid nth coast, NSW, organic farm, 1/4 share 55 ac. Mud brick studio on the beautiful Bellinger River. BFA certified farm producing avocados, citrus, potatoes, garlic, huge commercial cropping potential. Already established infrastructure, fencing, tractor, slasher, irrigation, shed & other farm implements. Established community orchard, own gardens for growing lush organic vegies. \$105,000. Ph: 02-4381-2244.

**THREE BEDROOM FIBRO HOME**, 24 sq on 3 ac, evaporative cooling, 4 gas outlets, 2 verandahs, orchard, vegie garden, lge shed/workshop, fowl runs, sewerer, planted to natives, leaflet avail. \$105,000. Ph: 02-6924-1307.

**MID NORTH COAST NSW**, Burrupine, 210 ac of timbered & cattle grazing land. Council approved dwelling, solar power, ph, perm water, lush flats & mountainous country, 40 mins to town. \$120,000. Ph: owner, 02-6564-2399.

**MID NORTH COAST**, Taylors Arm, 1200 ac, 9 co-owners, all very private, backs onto state forest. Beautiful r/forest, 2 valleys with perm running water. Three b/r owner-built pole home. Solar, gas stove, fridge, hot water, ph. North facing picture-postcard setting. \$53,000 ONO. Possible vendor finance. Ph: 02-6564-2326.

**HOBBY FARM**, 3 fully fenced ac, good bore, fresh water tank. Ten mins to city, 5 mins to boat ramp, 4 b/r lowset Queenslander, formal lounge & dining room, L-shaped verandah. Established f/trees, 2 huge greenhouses full of plants, lge bird aviary with breeding facilities. Set in park-like easy to maintain surroundings. \$135,000. Ph: 07-4159-9690.

**BEGA VALLEY, BROWN MOUNTAIN**, 40 ac/5 ac cleared, bordering nat pks. Rite Lite glasshouse, 14 m x 16 m with climate control, used as specialised nursery for grafted native plants. A-frame 3 b/r home overlooking valley. Large 2 car garage & work shed. Orchard with drippers, mixed exotic/native gardens. Glockemann pump on perm spring-fed crk, 5000 gal tank, solar system 240V. \$180,000. Lot 568 Buckleys Rd, BEMBOKA 2550.

**WOOLGOOLGA**, lge 3 b/r older style house on 1/4 ac block, ocean & reserve views, trees, 3 mins drive to beach & shops, 15 mins to Coffs Harbour, take over tenants or move in yourself. I work in Queensland and must sell, make an offer around \$88,000. Jutta, 07-4093-2733.

**CREEWAH VALLEY**, 112 ac with approx 300 m frontage to Bombala River, part sandy areas, good fishing, sml shed, ph, elec nearby, crk & waterfall, northerly aspect, generally timbered, part fenced, BBQ, 1 - 1 1/2 hrs to sth coast & 2 hrs to snowfields. \$60,000 (terms avail). Ph: agent, 02-6452-4155.

**ONE HUNDRED HECTARE FARMS**: I am searching for people who are interested in buying 100 ha (250 ac) approx hobby farms, in the Pilliga Scrub area, Narrabri Shire, NSW. Very good fertile soils. Access on to shire road. Price \$130,000 per farm. Owner, Tom Hutton, 'Carawatha', CUTTABRI 2388. Ph: 02-6796-2642.

**RAINFOREST RETREAT**, Holgate, 1 hr Sydney, 4 bed 2 bath log bungalow, verandahs, garage, 6 ac. Close to Gosford/Terrigal. Stunning privacy. \$395 k. Barbara, 02-4367-7945.

# GRASSIFIEDS

## PROPERTY FOR SALE NEW SOUTH WALES

DEADLINES: GR140 – JUNE 30TH  
GR141 – AUG 30TH

**SECLUDED RURAL RETREAT** – 4100 ac located between Styx River State Forest & Wild Rivers Nat Pk near East & West Kunderang. Perpetual lease 83 km east of Armidale with Grand Canyon-like views. Basic hut with f/place, t/water, lge skillion & good dam, all in a cleared area. Undulating to steep country with large stands of tallow wood, blackbutt & oak. Possible use for eco-tourist cabin-style accom, or retained for future carbon credits \$65,000. Ph: Derry, 02-6772-7444, 0407-293-419.

**NATIONAL PARK-TYPE COUNTRY**, 130 ac adjoining Kings Plains Nat Pk in north-east. Giant perm spring-fed dam, abundant wildlife, perfect hideaway. \$65,000, owner terms, \$5000 deposit, \$145 pw till paid. Ph: 0413-686-457.

**NEW ENGLAND – GLEN INNES**, 75 ac rich flood-free land fronting perm Severn River. Power. \$75,000, owner terms, \$5000 deposit, \$165 pw. Ph: Wayne, 07-3262-6050.

**NEW ENGLAND**, lge 100 yr old rambling home, 250 ac on majestic Severn River (fresh water). Owner retiring. Shed, rich soil, power, ph. \$200,000 – all offers considered. Ph: 02-6646-3733.

**FORTY ACRES** undulating basalt soils, ideal for olives/grapes, magnif views. Dam, power, nth New England. \$45,000. Ph: Wayne, 07-3262-6050.

**KALANG VALLEY**, 24 km west of Bellingen (42 km SW of Coffs Harbour), 240 ac with beautiful river frontage (12 ac of largely cleared paddocks, with the balance being the renowned nth coast eucalypt forest). Idyllic, tranquil spot. Comfortable house with 2 b/rs & a sleepout. Many inclusions & extra features. \$189,000. Ph: 02-6655-1453 for photos & full details.

**TIMBARRA – HISTORIC GOLD TOWN** via Tenterfield NSW, cabin & van on 3 1/2 t/hold ac in state forest. Good crk, vegie patch, chook shed – chooks, geese, ducks – 6 yr old horse with saddle etc. \$30,000 with or without animals. Reply: J Hargrave, PO Box 12, TENTERFIELD, NSW 2372.

**NEW ENGLAND FINE WOOL**, timbered grazing property 1734 ac, Guyra district. New 3 b/r modern house, 2 stand S/S equipped, 2 sheep yard, sheep dip, 3 bay M/S, 80 HP tractor, 4/4 m/bike, 8 KVA generator, lge number millable timber, 2 semi-perm crks, 8 dams, 11 paddocks, W/W. \$255,000. Ph: 02-6772-3315 after 8pm.

**DREAM ABOUT A COUNTRY HOME-RETREAT?** We seek a family as tenants in common to share 257 ac adjoining state forest in farming district. Fauna, panoramic views, ph, power, good soil, 2 dams. One family settled, another preparing. Share resources/cut costs. Seventy km NE Mudgee. \$80,000. Ph: 02-6376-1212.

**BROWN MOUNTAIN, NSW**, 20 ac r/forest, perm crk, timber, tree ferns, wombats, building site estab, bus to school, town 10 km. \$40,000. Ph: 07-4785-2043.

**BEGA VALLEY, NSW** – Craftmen built home and organic sourdough bakery, ideal country living & business opportunity. Secluded private 5 ac, f/trees, vegies etc, 4 b/r mud brick & timber home, quarry tiled & carpeted, cedar lined, 5 km off main highway, ideal location, 15 mins to Bega, 5 mins to Brogo wilderness & Brogo dam, 1/2 hr to pristine beaches & nat pks. In a separate building – wholesale bakery, supplying approx 40 outlets from Mallacoota in Vic to Snowy Mts, ACT, & Sydney in nth, + mail order to east coast states. T/O approx \$130 k pa, 3 day production week. Training provided, only a commitment to quality required. Price: freehold \$295,000 +SAV. Ph: 02-6492-7225 BH. Email: portelli@acr.net.au

Website: www.bread.au.com

**UNIQUE UNSPOILT FREEHOLD**, northerly aspect bush block on 250 ac with a 40" r/fall in high country with a temperate climate. Good soil & a crk at the base of a valley rising up to high points of 990 m from which there are great views. All covered with a diverse range of native timber. This block is very private, peaceful & tranquil & is fully fenced, dual occupancy allowed. Tamworth 130 km. \$60,000. Ph: owner, 02-6783-1446 AH.

## QUEENSLAND

**HOBBY FARM**, 3 fully fenced ac, good bore, fresh water tank. Ten mins to city, 5 mins to boat ramp, 4 b/r lowset Queenslander, formal lounge & dining room, L-shaped verandah. Established f/trees, 2 huge greenhouses full of plants, lge bird aviary with breeding facilities. Set in park-like easy to maintain surroundings. \$135,000. Ph: 07-4159-9690.

**CHANCE OF A LIFETIME**, 5 ac on crk, power & ph, great views down the valley, 10 mins to local town and 1 1/2 hrs to Brisbane. Full price \$32,000 seller terms, \$500 full deposit & \$85 pw. Ph: Ian, 07-4662-2981, or Wayne, 07-3262-6050.

**PERFECT QUEENSLAND HIDEAWAY**, 21 ac natural pine forest, all-timber weekender cabin with elec & ph connected. All overlooking extra lge perm dam & hidden in middle of the forest. \$42,000. Seller terms to anyone with \$5000 full deposit & \$120 pw. Ph: Wayne, 07-3262-6050.

**ONE HUNDRED ACRES FOREST** near Dalby Queensland, rugged natural crk fronting undulating open forest country, wildlife galore, 2 1/2 hrs Bri-sbane. \$32,000, or with new lge hayshed \$34,600. Wayne, 07-3262-6050, Ian, 07-4662-2981.

**NATURAL OPEN GRASSLANDS** and forest 1250 ac, with long frontage to perm crk & many lge perm natural lagoons. Old shearing shed, power & ph avail. Located 3 hrs Brisbane/Gold Coast/Sunshine Coast in Queensland. Full price \$100 per ac (\$125,000). Wayne, 07-3262-6050.

**NEAT CABIN**, 24 x 15 incl verandah, potbelly stove on fenced 7 ac, Nanango, with dam. \$29,900. Ph: 07-4163-3044.

**NO ONE WILL EVER FIND YOU** at Bentleigh Station, 650 ac, virgin open forest teeming with wildlife. Home built to lock-up in middle of property, 10 ac of lagoons & long frontage to perm Wilkie Crk. Located 3 hrs Brisbane/Gold Coast. \$125,000. Owner will consider home anywhere as full deposit & seller finance balance @ \$135 pw. Wayne 07-3262-6050

**CHILDERS, MODERN BRICK HOUSE**, awnings, town water, dam, fenced acreage, near coast. \$99,500. Trade considered. Details, 07-4126-8260.

**SECLUDED WILDLIFE SANCTUARY**: 117 ac, huge 8 yr old 4 b/r, 2 bathroom, split block home, 40 ac 6 ft chain fence, 2 good bores, 2 bay shed, tame wallabies/possums. Viable tourism prospects. 30 mins from Mackay. No dogs or cats. \$225,000. Ph: 07-4947-3271.

**SAMFORD, BRICK HOUSE** on 4 1/2 ac, 3 b/rs & study, modern kitchen & bathroom, dble lock-up garage. Brisbane 25 km, 10 km to rail. Established organic vegie garden & f/trees, 2 dams & town water. \$199,000. Ph: 07-3289-1595.

**NATURE RETREAT**, 8 ac, Nanango, borders natural state forest. Secluded land, walking track through bush, high cleared homesite. Price \$19,800 incl Colorbond 20 x 12 shed kit. Ph: 07-4163-3044.

**BUSH FREEHOLD**, 33 ac, Tara area. Level treed bargain land at \$9800 full price. No terms. Ph: 07-4163-3044.

**KURANDA**, 3 1/2 ac r/forest, very private setting, 3 b/r 5 yr old home, outdoor spa. For sale or exchange for acreage in south Queensland or northern NSW. Ph: 0407-727-507. Email bnw@bigpond.com.au

**ROSEDALE**, 40 ac, 4 bay workshop with office. Caravan with annexe (wooden floor), 2 dams, 3 r/water tanks, bore, part fenced, ph/power, many extras. Price negotiable. Ph: 0407-727-507. Email bnw@bigpond.com.au

**MT MARIA**: 45 ac. 4 b/r clayblock home. Established income-producing f/trees. Phone & elec. Good quality machinery incl. School bus, bitumen frontage, 70 km nth of Bundaberg. Reluctant but urgent sale. \$160,000 ONO. Ph: 07-4156-9147/07-4154-2285 evenings, or email famradle@interworx.com.au

**DAINTREE RAINFOREST**, pole house, solar, composting toilet, beaches, panoramic mtn views. \$120,000. Rented. Ph: 07-3374-3391.

**PECHEY**, 1/3 ac block bordering forest, 17 mins drive nth from Toowoomba, 5 mins from Crows Nest, arty community, suit retiree or commuter wanting cool, quiet country life. \$20,500 ONO. Ph: 07-3217-2087.

**FOREST RETREAT**, 820 ac with 3 yr old self-cont Colorbond dwelling. Slow combustion heater, perm water, abundant wildlife. Forty km SE Tenterfield NSW. Bordered by Mt Spirabo Nat Pk. No neighbours here! \$110,000. Ph: 07-3287-2881.

**COTTAGE IN FOREST SETTING** North Queensland, 3 open b/rs, u/ground power, d/d garage, garden sheds, 2 ac, flood free, r/f woodland. Ten mins Cardwell, island coast, wet tropics & marine world heritage, \$135,000. David, fax: 07-4066-8115. PO Box 327, CARDWELL 4849.



# GRASSIFIEDS

## PROPERTY FOR SALE QUEENSLAND

**FOR YOUR OWN SLICE OF PARADISE** on the Capricorn Coast, Qld, visit website [www.owner.com](http://www.owner.com) property ID 1631, or phone owner evenings: 07-4939-7199.

**OLIVE GROVE, SW QUEENSLAND**, 250, 2 yr old trees, on 4 ac of f/hold land, soil preparation irrigation for next 250 done, new fencing, all services in small country town of Thargomindah. \$35,000. Ph: 07-4655-0087.

**BLACKBUTT** 11 ac, 6 ft fenced, crk, lagoons, dams, A-frame cottage, outbuildings, s/c/stove, elec, gas, solar, f/place. \$155,000 ONO. Ph: 07-4170-0004.

**HORSE LOVERS - STABLES/RESIDENCE:** Eight registered 10' x 10' racehorse stables - day yards, tack rooms, exercise yards, + more. Three b/r highest house. fenced, pool/BBQ area, 2 1/2 ac, Rockhampton. \$143,000. Ph: owner, 07-4156-6393.

**LOWMEAD** - 40 mins inland from 'Town of 1770', 'Spottygum', 2 b/r modern home - big rooms - lovely verandah. 17 ha hilly forest country, power, ph, big shed/workshop, good dam, 4 tanks, orchard. Primary high school bus at gate. \$100,000. Ph: 07-4156-9117.

**NORTH QUEENSLAND RAINFOREST RETREAT**, 1 ha r/forest trees, f trees, gardens; 3 b/r house built to catch the view. Extra bathroom & toilet in 2 bay c/port. Plenty of casual work. Twenty mins from coastal beaches. 20 mins from Atherton Tableland; on edge of spectacular nat pk. \$129,000 ONO. Further information on request. Ph/fax: 07-4064-5221

**QUIET** 205 ac country property. lge vegie garden area, 2 dwellings, main power, ph, mail, some irrigation, 30 mins town. \$90,000 Ph: 07-4665-3538, or write to: Mr Ted Pyke, The Pines', MS 423, CHINCHILLA, Qld 4413

**SOLID TIMBER CABIN** overlooking lge perm dam. Power, ph, shower, toilet - all connected. Thirty timbered ac surrounds cabin, so nobody will find you. \$42,000 - owner terms, \$8000 deposit. \$145 pw till paid. Ph: Ian, 07-4662-2981

**DALBY - CHINCHILLA**, 3 hrs Brisbane. 600 ac natural forest, perm crk, natural lagoon. Big shed (easily convertible to home). Reduced to \$95,000. Owner will accept \$40,000 (or smaller property) as full deposit. Vendor finance balance, \$165 pw. Ph: 07-4662-2981.

**CENTRAL QUEENSLAND COAST**, tidy house. 40 ac, power, school bus, close to beaches, crks & nat pks. \$90 pw - rent reduction for positive energy. Ph: 07-4156-6556.

**LAND, SOUTH-EAST QUEENSLAND**. 40 mins east Gympie, 12.5 ha (30 ac) very good rainfall, your own hilltop, 2 dams, seasonal creek, fabulous views, nth facing, part cleared, some r/forest trees, adj state forest, cleared house site. Close ph, power, \$75,000. Ph: 07-3846-2134. [www.LRV.net.au/josh/pages/land.htm](http://www.LRV.net.au/josh/pages/land.htm)

### PLACING AN AD?

See page 75 for details

**PICTURESQUE HOBBY FARM**, 45 mins Bundaberg. Magnificent views, 3 b/r brick veneer homestead. Swimming pool adjoins lge verandah. Self-contained granny flat. All floors carpeted or tiled. Electricity, ph, machinery shed, yards, office, approx 100 ac, improved pastures. Dense green timber frontage on Baffle (fresh water) Crk. Price \$205,000. Ph: 07-4154-1409.

**FORTY ACRES, HOUSE, AND IRRIGATION** with dams, school buses & mail delivery daily. \$120,000 or lease. Ph: 07-4156-6604.

**ONE HUNDRED ACRE CHEMICAL FREE FARM**, northern Atherton Tablelands, 40 mins from Cairns. Twenty ac mixed orchard, 60 ac fenced paddocks, 8 ac 2" irrigation, all suitable for cultivation. Three bed m/b home, mach shed, packing shed with coldroom, 3 tractors & implements. \$360,000 ONO. Ph/fax: 07-4093-3193, mobile, 0407-833-193. email: [robson@cyberwizards.com.au](mailto:robson@cyberwizards.com.au)

**QUEENSLAND COUNTRY SCHOOLHOUSE** (3 b/rs), charmingly restored. Nestled on 100 ac natural bushland, abundant bird & wildlife. Very private, yet conveniently located 10 mins to Yeppoon beaches (adj Keppel islands), 20 mins Rockhampton. Low-maintenance, timbered country with excel dam. \$185,000. Ph: 07-4938-3828.

**NORTHERLY FACING, LARGE** 2 b/r renovated Queenslander, tongue-in-groove, stained glass windows, French doors, N/E verandah as sun-room. Raised home, council approved, modern kitchen, serviced by 7500 gal concrete tank & septic. Fifteen ac axe-head block with 50 m st frontage, gravel drive, native timbers, forest covered block, house site & dam cleared. Five mins drive to Blackbutt township. Blackbutt is a timber, olive, grape & peanut town. Easy 1 hr 40 min drive to Brisbane, Sunshine Coast. All conveniences with total privacy. First to see will love. Financially committed elsewhere. Price \$115,000 or offers. Contact: 07-3260-7220, or see at [www.powerup.com.au/~ddh/blackbutt](http://www.powerup.com.au/~ddh/blackbutt)

**CLOSE WARWICK**, 40 ac, undulating, fenced, new house, views, gardens, sheds, yards, treed, timber, dams, tractor, machinery, pumps. \$165,000. Ph: 07-4667-4940

**CAIRNS TABLELANDS:** Truly magnificent home in the midst of 2 1/2 ac of r/forest, 75 mins from Cairns, 10 mins to 3 beautiful lakes, waterfalls, stroll to Johnstone River. Owners' original design, lovingly hand-finished with detail, enhancing its open space, handmade stairs & windows, spectacular viewing on each of the 3 levels of beauty. Imagination & potential unlimited. \$290,000 Ph: 07-4096-6058.

## VICTORIA

**BLOOMFIELD RIVER - DAINTREE**, 12.5 ha, coastal views, rd access, power, lovely bushland. \$85,000 ONO. Ph: 03: 6369-5465. email: [atark@vision.net.au](mailto:atark@vision.net.au)

**NORTH-EAST VICTORIA**, 6 km from Myrtleford, close to Mt Buffalo Nat Pk, 3 ac, NE slope, power connected, own bore, planning permit, sml shed. One hour drive to snow, 3 hrs to Melbourne. \$57,000 ONO. Ph: 03-5751-1162

**TATONG VIA BENALLA** - 15 ac, lovely views, elec, ph avail, 18 ft dam, good r/fall, fences, some trees. \$42,000. Ph: 03-5762-5250.

**CHARLTON, VIC**, 2 b/r w/b house, freshly painted inside & out, suit retired persons. Grab rails in toilet, shower & bath, access ramp. Ample cupboards, evap a/c, gas heating/cooking, elec HWS. Carpets, drapes. Eight f/trees, town water, raintank. Securely fenced, double garage & c/port. Only 1/2 km from shops, doctor, hospital, nursing home and ambulance in town. \$58,000. Apply owner, 03-5491-1037 evenings.

**NORTH-EAST VICTORIA**, 30 ac, semi cleared bush block, crk frontage, state forest boundary, 3 b/r house, wood heater, gas stove, hot water, 40 x 18 shed, generator room, solar panels. Close to Wangaratta, Beechworth, Murray River, wineries, snowfields. \$155,000 ONO. Ph: owner, 03-5728-2508.

**BUSH BLOCK IN THE ANGORA RANGES** at Brookville in Victoria, approx 600 ac, partially cleared, hut on property, 2 dams. Asking price \$98,000. Enquiries ph: 03-5146-4361.

**TWO COTTAGES ON SIX BLOCKS** in quiet Mallee town, all utilities, very peaceful. \$30 k ONO. Owner going to sea. Ph: 0418-596-965, 03-5081-6363.

**EAST GIPPSLAND** 25 mins from Bairnsdale, 14 ac, 12 yr old Hardiplank home, lge workshop, 12,500 gal water, elec, cattle yards, pig pen, hay shed, 3 dams. Very neat. \$115,000 ONO. Ph: 03-5157-6284.

**BARKLEY, VICTORIA, NEAR AVOCA**, 3 ac farmland. \$12,500. Contact: Bev, 0409-197-859.

**AUCTION**, 583 ac, Western District, Victoria, between Colac & Camperdown, auction Fri 7th July 2 pm Larpet Hall. The springs that flow from the basalt rises on the property are clear & fresh, supplying drinking water & irrigation water for 150 ac. The flow rate of the spring is 2 mg per day in summer, 4 mg in winter. The land surrounding the spring is volcanic clearing to extremely fertile sandy loam, all nestled on the edge of Lake Corangamite. The property has a 100 ac island (accessible at present) with abundant birdlife. The original home overlooks the property with Lake Corangamite in the background. Possible tourist potential. Contact: Agents, JG Johnstone Real Estate, Ph: 03-5231-5011, or Tony Hickey, 0418-523-717.

## TASMANIA

**BRUNY ISLAND**, Lunawanna (Tasmania), general store, take away & restaurant (optional) for lease. New buildings, prime tourist route, no goodwill. Ph: 03-6293-1481.

**NORTH-WEST**, 18 ac, 3 bed character house, electric/combustion stove. Situated beautiful Wilmot Valley, 35 mins Devonport, sheltered, facing nth, great views. Separate art studio, double carports, sheds, nice garden, 10 ac, suit sheep, 8 top bush. \$75,000. Ph: 03-6492-1369.

Don't forget to include your area code with your phone number. It's best to set it out as 00-0000-0000.

# GRASSIFIEDS

## PROPERTY FOR SALE TASMANIA

**NORTH-WEST** coast, 11 km from coast, 50 ac, 2 clear, 33 ft c/van, solid annexe, 33 x 14, s/c stove, hot water, perm water, organic garden, sheds, private setting. \$80,000. Ph: 0428-144-076. **ST MARYS**, 5 b/r home on 5 ac, c/port, shed, growhouse, shack, 100+ fruit & nut trees, berries, chicken pen, lge vegie, perm crk. \$90,000. Ph: 03-6372-2639.

**NEAR LILYDALE, NORTHERN TASMANIA** (25 mins from Launceston), character country cottage circa 1890 with lge barn/studio on about 4 ac. Renovated house in private setting with full central heating offering: 3 b/rs, sitting room, study/4th b/r, country style kitchen, bathroom, hall, + lge barn studio/workshop with mezzanine office or spare room above. \$128,500. Ph: Chris or Franz, 03-6395-1309, or more details on web:

[www.privateadvertising.com.au/profile.asp?PropID=72680001](http://www.privateadvertising.com.au/profile.asp?PropID=72680001)

**TASMANIA - TAMAR VALLEY**, solidly built, architecturally designed, 3 b/r brick & tile home on 2.4 ha with views to Tamar estuary. Light & airy with living room at each end of home. Current licence for bed & breakfast. Good balance of pasture & trees incl paddocks & dam. Twenty mins from both Launceston & George Town Ferry terminal. \$168,000. Ph: Heather, 03-6395-6322.

**TWO WEATHERBOARD COTTAGES** on very lge adjoining blocks, ex-shop & PO. Depserate for TLC. Both have sheds & outbuildings. Each \$20,000, all offers considered. Tiny Tasmanian town, great place to live. More info write to: Sue Williams, RD 382, Alfred St, PIONEER, Tas 7264.

## SOUTH AUSTRALIA

**PUNYELROO, NEAR SWAN REACH**, 23 ac, 800 m to river, virgin mallee. Some clear spots, not man cleared. Enormous amount of building materials & fencing. Twenty ft shipping container, old c/van, EH ute. Power & Telstra close by. Peaceful & private. Regretful sale. \$37,500. Ph: 08-8344-1069, 0419-816-512.

**KANGAROO ISLAND, SA**, 35 ac, true bliss. Comfortable, bright, cosy, house, 3 b/rs, open plan, office & recently renovated on 35 ac, located in the centre of Kangaroo Island, near Parndana. Ideal family lifestyle, great place to raise kids in friendly country atmosphere. Undulating land, 2 lge dams, tanks & good r/fall. Ideal for grapes, olives, sml crops, grazing, bees. Strong demand for tourist accom, farm stays, or B&B in this popular & unique holiday destination. For sale at \$145,000. Call Ty or Carrie on 08-8559-6150.

## WESTERN AUSTRALIA

**WILGA, WESTERN AUSTRALIA, RAMMED EARTH** house, lock-up stage, 1/4 ac block. \$25,000 ONO. Ph: 08-9765-1097.

DEADLINES: GR140 - JUNE 30TH  
GR141 - AUGUST 30TH

**WANT LIKE-MINDED NEIGHBOURS?** Just 7 km from Donnybrook in beautify Argyle, 3 stunning 5 ac lots. All fully fenced, virgin soil & gentle slopes, 2 lots have winter crks, one with dam enjoyed by ducks & marron. Walking distance to gorgeous state forest. School buses avail to either Bunbury or Donnybrook. Quick sale - \$59,000 ONO each. Follow your dream! Ph: 0417-900-250, 08-9731-0758.

## COMMUNITIES/SHARES

**MID NORTH COAST NSW, RURAL LAND SHARING**, 80 sites avail in new Goolawah cooperative, 1650 ac partially cleared land with dams & deep top soil. Situated between Port Macquarie & Crescent Head. Bordering beautiful Limeburners Creek Nature Reserve. Track access to pristine surf beaches. Our aims are social harmony & environmental sensitivity, no cats or dogs. \$7000 per person. Ph: 02-6653-4601, 02-6566-0087.

**SHARE AND HOUSE FOR SALE**, or participating rental, in long estab co-operatively owned Buddhist-based intentional community, 30 mins nth of Lismore, NSW. Large house, with garage, 240V, solar HWS. House \$90,000, shares \$9700 per adult. Ph: 07-4636-3778.

**THORA VALLEY, BELLINGEN NSW** 1/12 share on 1200 organic ac - well established MO on beautiful Bishops Creek surrounded by nat pks. Old-growth forests, pristine perm crks & lge areas of cleared land for personal/community use. Professionally built 2 b/r western red cedar home. Community facilities incl tractor, estab vegie garden & orchards. Close to Steiner school. \$119,000. Ph: 02-6688-4157.

## PROPERTY WANTED

**LAND WITH ANY TYPE OF DWELLING.** \$20,000. Northern Tablelands NSW or Tasmania. Remote area okay. Ph: 02-6732-6893, PO Box 611, GLEN INNES 2370.

## FOR RENT/CARETAKER WANTED

**CARETAKING COUPLE WANTED:** Opportunity for a caring, dependable, active couple aged 50s to mid 60s needing a fully furnished self-contained granny unit with all household effects, sep ph, rent free + other benefits. To have gardening/handyperson skills for caretaking a mature couple's average home site in a Dandenongs (Vic) township. Replies with relative info, ph, address to: C/- PO Box 117, SEYMOUR 3661.

**LESBIAN(S) REQUIRED TO CARETAKE** wildlife farm/sanctuary in North Queensland. Ph: 07-4777-5153.

**COFFS HARBOUR/KIA-ORA ORGANIC** certified farm, cosy self-contained cottages on 100 ac, sleeping up to 8 people. Enjoy river frontage, pool, canoeing & fishing. From \$300/week. Ph/fax: 02-6654-3561 Website: [www.mid-coast.com.au/~kia-ora](http://www.mid-coast.com.au/~kia-ora)

**PERSON(S) TO SHARE/RENT** house, c/van, secluded Hunter bush block, 60 km Newcastle. Infinitely negotiable. Ph: 02-4938-2036.

## BUSINESS FOR SALE

**OUTBACK BAKERY/CAFE**, located in Copley, SA, in the beautiful northern Flinders Ranges, on the way to Lake Eyre, 1999 award winning business, estab 15 yrs. \$110,000 ONO. Plus Mediterranean style 4 b/r house for sale or rent. Ph: 08-8675-2683.

**ECHUCA ON THE MURRAY RIVER**, take-away mixed business, opposite busy c/van park, 2 schools, footy ground. Two b/r residence. Nearest large town - Bendigo - 70 km away. \$65,000. Ph: 03-5482-2217.

**HUGE GROWTH POTENTIAL**, solar and alternative energy specialists. One owner, estab 12 yrs, exclusive dealership (9 national companies). Ongoing service work in excess of 900 clients. Business \$52,000 + SAV. Freehold & business \$130,000 + SAV. Ph fax: 02-6642-3311.

## WANTED TO RENT/CARETAKE

**YOUNG COUPLE** interested in permaculture, sustainable living and community lifestyles, moving to Lismore/Byron area late August, looking for long-term accom. All situations considered. Jodie & Neil, ph: 0414-594-853.

**RELIABLE MALE** seeks house/shed on NSW, mid to nth coast, within 1 hr of coast, n/s, n/d, n/pets, isolation pref, excel references. Please leave message for Tony, 0417-217-996.

**FREE RENT AND ACCOMMODATION** for person or couple interested in living on isolated 100 ac property in the Bendemeer district, NSW. Must in return tend vegie garden & look after hobby farm animals. NB: Property has no power. Contact John, 0418-230-750.

**QUIET LIVING**, n/s, n/d, woman & like-minded Labrador cross, wanting accom, separate s/c cottage on property, Mornington Peninsula area. Prefer McCrae, Red Hill areas. Ph: Julie, 03-5155-7418.

Advertisers please remember to include all preferred contact details within your ad and include them in your word count. Phone numbers do need an area code included. Property For Sale ads do need to specify the state.

# GRASSIFIEDS

## WANTED

**WANTED TO BUY:** *The Nutrient Bible*, by Henry Oseicki. Was available through Golden Glow, now out of print. Will pay good price for good copy. Ph: Mary, 03-5792-4000 BH.

**SAMAP OR SIMILAR** hand or electric grain mill. Ph: 07-5546-9195, or T Stevenson, 192 Clydesdale Rd. JIMBOOMBA, Qld 4280.

## OPPORTUNITIES

**LIFE CHANGING PRODUCT:** Help others while helping yourself & get paid handsomely to do it. This is a direct sales business with an 80% gross profit. Call 1300-552-526.

**FREE RENT!** In exchange for maintenance etc. Separate dwelling - van & built-on annexe - self-contained. Ph: 07-4163-5232.

**CHEAP RENT ON SMALLHOLDING** with poultry, orchard close to village with markets, 1 b/r cottage suit single middle-aged lady, no pets. Ph: 02-6546-6499

**SEE 'CARETAKING COUPLE WANTED'** ad in 'For Rent/Caretaker Wanted'.

**HANDYPERSON REQUIRED** to help retired couple on organic farm, must like gardening work in exchange for single accom. Prefer n/d n/s, northern NSW. Ph: 02-6689-7179.

## PUBLICATIONS

**STEINER HOME SCHOOLING?** A teaching manual by Alan Whitehead on Creativity and Curriculum. Send \$12 to: Golden Beetle Books, Box 33 BRUNSWICK HEADS 2483. Ph: 02-6680-3889 fax 02-6680-4314. Visa-Mastercard.

[www.users.bigpond.com/goldenbeetlebooks/](http://www.users.bigpond.com/goldenbeetlebooks/)  
**'NATIVE STINGLESS BEES'** for profit or pleasure - how to get started pollination/honey potential in Queensland. Detailed info booklets, packed with photographs, diagrams. For free catalogue, send name address & 45 c stamp to: ANBRC Box 74-G4, NORTH RICHMOND 2754

**'NIMBIN NEWS MAGAZINE'** is a co-operatively run access magazine with articles & information from Nimbin and other areas. We cover concerns relevant to alternative lifestyles & others looking for the most sustainable way. We are one of the longest running alternative magazines & the Nimbin bioregion is at the forefront in the development of sustainable systems. As networkers we scan many mags for suitable & scarce information for our readers. Subscription: 6 editions for \$18, sample \$3.50. Back copies 5 for \$12 posted. PO Box 209, NIMBIN 2450

**BOOKS, NEW AND OLD** Australian, lifestyle, Pacific biography, horticulture, gardening, outdoors lists avail. BA & JM Wallace, Box 325 PORTLAND 3305.

## PLACING AN AD?

See page 75 for details

**BOOKS, OLD AND NEW**, send for general list: R Suters, PO Box 127, FIGTREE 2525.

**HOME EDUCATION** for info send SSAE to: Alternative Education Resource Group, PO Box 71, CHIRNSIDE PARK 3116.

**'NEW VEGETARIAN & NATURAL HEALTH'**, the magazine of the Natural Health & Vegetarian Societies. Subscribe today, \$30 yearly and receive: 4 vital magazines, discounts at participating health food stores and natural therapies practitioners, listed in magazine. Head Office, 28/541 High St, PENRITH, NSW 2750. Ph: 02-4721-5068.

**WANTED TO BUY:** *The Nutrient Bible*, by Henry Oseicki. Was available through Golden Glow, now out of print. Will pay good price for second-hand copy in good condition. Ring: Mary, 03-5792-4000 BH.

**BOOKS, MAGAZINES** on almost every subject, also fiction titles. Preloved & new. Free monthly catalogue avail, or visit our website at: [www.bookmania.com.au](http://www.bookmania.com.au). Bookmania, Box 496E, MORISSET 2264. Ph: 02-4977-1296.

**BOOKS, NEW AND USED BOOKS**, craft, gardening & self-sufficiency. [www.merryhall.com](http://www.merryhall.com) or ask for a list on your special interest. Merry Hall, PO Box 92, ISLINGTON, NSW 2296. Ph: 02-4969-4165.

**SUPPRESSED & UNUSUAL TECHNOLOGIES CATALOGUE**, free energy devices, anti-gravity, hydrogen fuel, magnetic motors, alternate fuels & engines, high mileage, 200+ topics send 5 x Aust 45c stamps to: Lostech Archive, PO Box 1359 -R, ATHERTON, Qld 4883.

**'THE GREATEST HEALTH BOOK EVER WRITTEN'**, *The Essene Gospel of Peace*: Over 10 million readers, translated into 26 languages. 'A sublime revelation, a hymn to Universal Life', Nobel Prize Winner Romain Rolland. Only \$8.00 (p&p incl). Cheque or money order to: The Essene School of Life, PO Box 557, TOORMINA, NSW 2452. (25 Kasch Rd, Boambee 2450.)

## FOOD AND KITCHEN

**BEE POLLEN**, no additives, 450 g sample pack \$10. 1.9 kg pack \$35, 4.3 kg pack \$70, 14 kg drum \$185. Prices include p&p. A & M Sciberras, PO Box 15, RAMCO 5322.

**HOME STONE FLOUR MILLS** - mill your own stoneground wholemeal flour for cakes and bread at home with a Retsel Little Ark stone flour mill. Endorsed by Housewives Association. Write for catalogue to: Retsel Distributors, PO Box 712, DANDENONG 3175. incl 3 postage stamps. Ph: 03-9795-2725. Distributor enquiries welcome.

**'BUSHFOOD VEGETABLES'**, a comprehensive guide to growing 23 temperate bushfoods including 4 packets of seed. \$25. To: D Mather, PO Box 7115, BEAUMARIS 3193. Ph: 03-9521-6749.

[www.expage.com/page/bushfood](http://www.expage.com/page/bushfood)

## MISCELLANEOUS

**EXPRESSIONS OF INTEREST SOUGHT** in starting barter bank/s here & overseas. Contact: Axel, PO Box 1166 CHARTERS TOWERS 4820.

**TRIDENT TIPIS**. Professional workmanship, quality materials, traditional designs. For brochure, samples and prices write to: 'Earth Mother Craft', 'Rosehill', Hayes Road, via MILLFIELD 2325. Ph: 02-4998-1147.

**SEPTIC TANKS - HOW TO BUILD** or how to maintain one. Don't desludge! Treat the cause. Booklet \$20. HG Stephens, PO Box 18, EAST MELBOURNE 3002. Ph: 03-9510-3192.

**HOW TO MAKE MONEY** selling & making chess pieces, bird baths, fine art, gnomes etc. Plaster and/or cement moulds. For methods & catalogue send \$14.95 to: Williams Imports, PO Box 989, SOUTHPORT 4215 (06/50 Railway St). Ph/fax: 07-5532-9050.

**NATURAL GEMSTONE JEWELLERY**, pendants from \$7.50, necklaces from \$22. Send 3 x 45 c stamps for descriptions & prices to: C Hunter, 54 Maidstone St, RINGWOOD 3134.

**SERIOUS STUDENTS OF BIBLE PROPHECY** wanted. Eleventh hour workers, Box 212, SHEFFIELD, Tasmania 7306. Ph: 03-6491-2408.

## HANDCRAFTS

**BEADS! BEADS! BEADS!** Unique selections of handmade glass, metal and wooden beads. Also findings, threads and kits available. Cost \$8 for samples, colour copy and info. Write to: Tsunami, PO Box 129, WALPOLE 6398.

**BUNDLES OF STRANDED COTTON** available. Stranded cotton in bundles of 100\* 8m skeins in 50 assorted colours. \$20 post free. Colours matched to dmc numbers. The Big Bundle of Stranded Cotton of 240 colours - \$50 post free. Send 45 cent stamp for free price list. Bankcard, Mastercard, Visa, money order, cheques. Arty & Crafty, PO Box 40, DAW PARK, SA 5041. Ph: 08-8277-3763. Fax: 08-8277-9402.

**NATURAL GEMSTONE JEWELLERY**, pendants from \$7.50, necklaces from \$22. Send 3 x 45 c stamps for descriptions and prices to: C Hunter, 54 Maidstone St, RINGWOOD 3134.

## HEALTH & BEAUTY

**ALCHEMY CONCEPTS, CANDLES, SOAPS & body products**. Handmade using age old methods. Retail & wholesale. Ph/fax: 02-4982-8203. PO Box 70, MEDOWIE 2318.

**HANDMADE PURE VEGETABLE OIL SOAPS**. These natural soaps are suitable for people who have sensitive or problem skin. For a product brochure send SAE to: Bushcraft Soaps, Lot 3 Counter Rd, M/S 591, GYMPIE 4570. Ph: 07-5486-7299.

**BUCKWHEAT PILLOWS & meditation cushions**. Australian grown buckwheat husks, no pesticides. Australian milled cotton covers. \$45 incl postage. Just Natural Ventures, ph: 03-9481-1872. [justnatural@bigfoot.com](mailto:justnatural@bigfoot.com) Trade enquiries welcome.

Please print your ad clearly  
so we can do likewise

# GRASSIFIEDS

## HEALTH & BEAUTY

**TEA! OVER 80 VARIETIES** of black, green, oolong, herbal & fruit teas. Retail & wholesale for mail order catalogue. Ph: 02-4782-7911. The Dancing Cup Tea House, PO Box 728, KATOOMBA 2780.

**PREVENT SYMPTOMS AND DISEASES** with our acid/alkaline blood group programme. One hundred percent commitment on your behalf is needed, as well information about your: blood type, sex, age, weight, height, med history & symptoms, daily intake & name of medications, & a cover charge of \$35 to: Naturopathic Research Centre, 265 Mountain Top Rd, DORRIGO, 2453 NSW.

**FREE BOOKLET**, *Your Health is in Danger*. How to guard against cancer, heart disease, diabetes, arthritis etc. Ph: 24 hrs, 0407-616-900.

**LUXURIOUS SOAP & SHAMPOO BARS**, made with 100% pure plant oils, free from all synthetic additives. Send SAE for free brochure: Homesteaders, M/S 162, ELBOW VALLEY, Qld 4370.

**OLIVE LEAF EXTRACT**, nature's antibiotic, for colds, flues, viruses & more, \$15/200 ml. P&H incl, J Schloss, MS 571, MURGON 4605.

**MENSTRUATION – AVOID PAYING GST!** Sustainable, reusable menstrual options are available! MOON PADS are washable cloth pads. THE KEEPER is a natural rubber cup which replaces tampons. For brochure send SAE to: Moon Pads, PO Box 118, SANDY BAY, Tas 7006.

**ORGANICALLY GROWN TRADITIONAL** herbal remedies for everyday conditions, arthritis, psoriasis etc. For catalogue please send SAE to: Tintagel Herbs, PO Box 27, CENTRAL TILBA, NSW 2546.

## FOR SALE

**'GRASS ROOTS'** nos 46, 50, 51, 53-61, 104, 109, 112, 113, 124. \$70. Ph: 03-5783-1376.

**BUTTER CHURN AND SEPARATOR** for sale, \$100 each. Ph: 03-5491-1037.

**SULKY, HARNESS, SPARES.** \$900. Ph: 07-4695-1206.

**B1 PHASE** 27 volt zappers \$167, with colloidal silver inbuilt generator \$195. Super zapper 36 volt \$187. All guaranteed to perform to Dr Bob Beck's specifications. Variable frequency 27 volt zapper \$197. Hulda Clark 9 volt zappers with stainless steel handles & battery indicator light \$127. Colloidal silver generators 9 volt basic \$45. 27 volt with conducting indicator light \$87. Brain tuner 9 volt \$147. Aura cleansing, polarity balancing device 27 volt \$89. Pyramid grids 20 x 1" pyramids \$37. Enquiries & orders to: B Wilkinson, 14 Partridge Street, TOOWOOMBA, Qld 4350. Ph/fax: 07-4638-9035.

**SLOW COMBUSTION STOVE**, sml, good condition. \$400 ONO. Ph: 02-6856-3149.

**KNIT SMART**, current model knitting machine, hard plastic, no further use, as-new, has video & book instructions. \$200 ONO. Ph: Margaret, 03-5796-2184.

**'GRASS ROOTS'** no 20 – 102 incl (less 26, 76). \$280 incl postage. Ph: Jim Gauld, 03-6437-1478.

DEADLINES: GR140 – JUNE 30TH  
GR141 – AUGUST 30TH

**TRACTOR, INTERNATIONAL AW6** petrol. Near original condition, runs well, front mounted sawbench. All fittings incl handbooks. Needs one rear tyre. \$650. LONGWOOD EAST. Ph: 03-5798-5330.

## LIVESTOCK

**CHINESE GEESE** – purebred, ganders only. Ph: 02-6056-3681.

**CHOOKS FOR SALE**, Light Sussex hens \$10, bantams \$8. Assorted crossbred hens, pullets, cockerels \$5 each. BAYSWATER, Vic 03-9729-2340.

**MINIATURE DEXTER CATTLE** – house cows, steers or registered stud – for sale. Suitable for milk & meat. Ph: 07-5441-4518, SUNSHINE COAST, Qld.

## COURSES

**CORRESPONDENCE STUDIES.** Diploma and certificate programmes, professionally recognised. Learn for personal interest or business practice. Select one brochure from: Aromatherapy, Vitamin & Nutrition Therapy, Traditional Folk Medicine, Animal Medicine (The 'Green' Vet), Psychic Healing, Preschool Childcare, Safety & Security Counselling, Personal Psychic Development, Traditional Wicca. New course: 'Herbs For All Ways And Always'. Wiccan Home Studies, PO Box 138, SURRY HILLS 2010. Ph: 02-9319-6166 BH only.

**PERMACULTURE** – sustainable living & self-reliance. Courses & workshops with Robyn Francis & others, garden tours & resource centre, **FREE** copy of 2000 YEARBOOK. Contact: Djanbung Gardens Permaculture Centre, NIMBIN, ph/fax: 02-6689-1755.

**ALTERNATIVE BUILDING** – save \$1000s with eco-friendly house design & construction workshop, July 1 – 2, Djanbung Permaculture Centre, ph/fax: 02-6689-1755.

**BUSHFOODS COURSE** with Peter Hardwick, Oct 9 – 14. Growing, harvest & use of food spice & craft plants. Djanbung Permaculture Centre, ph: 02-6689-1755.

**BAMBOO EXPO/WORKSHOP**, Bellingen, September. Anyone interested contact: doniedoo58@hotmail.com or ph: 02-6655-8557.

**PERMACULTURE DESIGN CERTIFICATE COURSE 2000**, 26 June to 6 July. Now in Sydney! Nonresidential course, qualified teacher, permaculturalist & horticulturalist & guest speakers. Visits to gardens & properties in the Sydney area + hands-on practical exercises. contact: Ryde TAFE, Business Centre, 250 Blaxland Road, RYDE 2112. Ph: 02-9448-6307

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Punctuate when writing ads for  
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**ECO-VILLAGE & SUSTAINABLE COMMUNITIES**, symposium & course, August 19 – 27. Programme details: ERDA Institute, Djanbung Gardens Permaculture Centre, ph: 02-6689-1755.

## GARDEN & ORCHARD

**LOOKING FOR HERITAGE** or traditional fruits & vegetables? Join the Heritage Seed Curators Association. Our regular 'Seed Listing' winter issue of *The Curator* lists the sources for thousands of vegie, herb & fruit varieties. Our summer issue has major articles, tips and notes about saving heirloom varieties. Membership costs \$25 PA or \$18 for low income earners. Contact HSCA, PO Box 1450, BAIRNSDALE, Vic 3875.

**TOBACCO SEEDS**, organically grown (Virginian), cultivation and curing notes included for \$5. Also available, *Australian Tobacco. How to grow, cure, treat and cut your own*. A well researched book by John van der Linden for \$15 (postage included) from Lyn O'Brien, C/-PO, BARMAH, Vic, 3639.

**COMPANION PLANTING CHART:** over 90 vegetables, herbs and fruits, including plants as insect repellents. Sow when Chart: Suggested sowing times for 100 vegetables, herbs and flowers. Mail order \$7 each + \$3 p&p. Plum Products (G), PO Box 120, Wards Rd, TAMBO UPPER, 3885.

**BAMBOO PLANTS**, lge range, best prices. Ph: 07-4129-4470, fax: 07-4129-0130.

**TREE GUARDS** all shapes/sizes from under 10 cents each. Bamboo stakes and weedmats. International Reforestation Supplies, 510 Bellbird Rd, BAIRNSDALE 3875. Ph/fax: 03-5157-9404.

**TOBACCO SEEDS, ORGANICALLY GROWN.** Seeds & instructions \$5. E Madge, PO Box 114, POMONA, Qld 4568 (MS626).

**GOURDS, SEEDS, BOOKS** avail now! In our new catalogue. Send 4 stamps to: The Gourd-father, PO Box 298GR, EAST MAITLAND 2323.

**BAMBOO: PLANTS – BOOKS – FLOORING**, 250 species, running or clumping, 15 titles bamboo books. Bamboo flooring boards now in stock. Send \$4.50 in stamps for catalogue. Bamboo Australia, BELL PARK, Qld 4562. Email: bamboo@bamboo.02.com.au

**RAINFOREST SEED COLLECTORS** national link-up. Buy and sell local seed. Our newsletter has lots to offer. Local seed grows better and doesn't pollute your gene pool. Quarterly newsletter subs \$20, concession \$10. Offer local seed – free subs. RSC, Private Mail Bag, BELLINGEN 2454. Ph: 02-6655-2233.

**VANILLA BEAN PLANTS:** Bargain, less than half price, 100 lge plants \$350. Ph: 07-4159-3547.

**GRAFTED HERITAGE APPLES** on a variety of root stocks. \$15 each from Collingwood Childrens Farm. Write for list: PO Box 80, ABBOTSFORD 3067.

# GRASSIFIEDS

## GARDEN & ORCHARD

**BOB MAGNUS'S FRUIT TREES**, for my 2000 list of apples, pears, plums on dwarfing rootstocks, plus quinces & hazelnuts please send 3 x 45 c stamps to: Bob Magnus, WOODBRIDGE, TAS 7162.

**CHINESE ARTICHOKE** (*Stachys affinis*), unusual winter root vegetable, unrelated to globe or Jerusalem artichokes. Small pearly spiral, mild nutty flavour, crispness of water chestnuts, delicious stir-fried. 10 Chinese artichokes \$27.50 incl GST. NEW ZEALAND YAM/OCA (*Oxalis tuberosa*), delicious pink winter root vegetable. 15 NZ yams \$22 incl GST. Both perennial tubers, multiply readily, probably best in cool & temperate climates. For mail order growing kit(s) of tubers, recipes & notes, send payment to: Bundanoon Village Nursery, PO Box 83, BUNDANOON 2578. June to end August. Ph: 02-4883-6303. Not WA.

## HOLIDAYS

**WHITSUNDAYS**, timbered, secluded, acreage homestay, nonsmoking, naturist, heated pool, air-cond b/rs, budget rates. Ph: Mike, 07-4945-1714.

**MORUYA - FAR SOUTH COAST NSW**, romantic 1 b/r and family 2 b/r bush cabins. Big open fires. \$250 per week. \$100 per weekend. Ph: 02-4474-2542, pm. Dogs welcome by arrangement.

**LAMINGTON GLEN** rforest retreat, secluded cabin - everything supplied except food. Ph: 07-5544-8166.

**TREKKING AND MEDITATION**: A trek in the Everest area with an accent on meditation, mindfulness & Buddhism. Small group led by a GP. October 6th - November 1st, about \$4500. Contact: Mindful in the Mountains 2000, PO Box 53, REPTON 2454. Ph: 02-6653-4241. duffbel@omcs.com.au

**ORGANIC HOLIDAY FARM** - 'Heron on Earth' - 20 km east of Devonport, near beaches & nat pks. Private fully equipped modern solar house, sleeps 7. Rates incl everything + organic produce in season. Candles & blues avail. Ph: 03-6428-6144. <http://www.southcoast.com.au/heron>

## SERVICES OFFERED

**HOME PLANS**. The Earth Builders Plan Catalogue' (160 pages) 62 plans for hand-crafted buildings: 33 homes and 9 workshops, cabins, and carports of mud brick, rammed earth, stone, poelcrete, poured earth, strawbale, construction details, usable sample working of a home (12 x 43 sheets). Mail \$68 (p&p incl) to: John Barton - Building Design, 31 Sharp St, NEWTON, VIC 3220. Phone and enquiries to 03-9222-8774 for fixed quote to draw and document your home plan. Bankcard, Visa Mastercard cheques accepted. Free brochure available.

*Don't forget the deadline  
if wishing to advertise in GR.*

## PLACING AN AD?

See page 75 for details

**SPIRIT GUIDE DRAWINGS IN COLOUR**, clairvoyant readings, absent healing. Write to: Niccy, PO Box 691, QUEANBEYAN, NSW 2620. By donation.

## CALENDER EVENTS

**BAMBOO EXPO/WORKSHOP**, Bellingen, September. Anyone interested contact: doniedoo58@hotmail.com or Ph: 02-6655-8557.

## CONTACTS

### NEW SOUTH WALES

**WWOOFER HOSTESS** wanted for WWOOF host (QG4S) on modern yacht. Outgoing, adventurous, travel, meeting people, photography, writing, visiting WWOOF farms, calm sailings, east coast Aust, write with recent photo. Col, 8/20 Banks Ave, TWEED HEADS 2485.

**FEMALE, THIRTY-ONE**, living on the far north coast, would like to meet other singles, male or female for company or outings. Ideas incl going to restaurants, movies, dancing, picnics, week-end getaways, canoeing, bushwalking, or even just to talk over coffee. Reply: Susie (GR139), C/- PO Box 117, SEYMOUR 3661.

**SINGLE WOMAN SEEKS SINGLE DAD** to help raise kids. I am an ex-teacher with no children (but have cared for lots). I am kind-hearted, a worker & responsible & hope you are too. I like music, beaches, bush, camping, candlelight dinners & conversation. JD (GR139) C/- PO Box 117, SEYMOUR 3661.

**GARRY EVANS** please contact Maureen, PO Box 219, GLENBROOK 2773, NSW.

**WHO IS COMING WITH ME** to India, Nepal, Tibet...? I am female, 44 & searching for a soul mate for my journey through life, someone who is humorous yet aware. I live in nature, like bushwalking, travelling, gardening, esoterica. Reply: Lena (GR139), C/- Box 117, SEYMOUR 3661.

**CHRISTIAN SINGLES**, all ages, all demoninations. Any nice singles can join! Send for FREE COLOUR brochure to: 5 Grange Ave, MARYLAND, NSW 2287, or [www.christiansingles.com.au](http://www.christiansingles.com.au).

### QUEENSLAND

**'QUANTUM KNOWLEDGE'** magazine making New Age connections. Ph/fax: 07-5533-3000. Website [www.quantumknowledge.com.au](http://www.quantumknowledge.com.au)

**VEGETARIAN MALE**, 47 years, intelligent, slim & health conscious, n/s, n/d, naturally affectionate & caring. I enjoy the outdoors, gardening, cooking, & most of all, taking care of someone I love. Seeking a sincere caring woman (25 to 45), or mother & child, to share simple country lifestyle. Wayne Pollard, PO Box 235, GIN GIN, Qld 4671. Ph: 07-4157-2736.

**MARRIED MINDED** 36 yr old Philippino lady looking for responsible, caring, honest life partner. Write to: Lot 48 Franklins Rd, MS 1494, NANANGO, 4615 Qld.

**SHARE LIFE**, age 30-50, evening by fireside, grow own vegies, walks, pick wild blackberries, on small solar powered farm, smoke-free environment. Danny, PO Box 95, BULLANDEAN, Qld 4382, or [danny@halenet.com.au](mailto:danny@halenet.com.au)

### VICTORIA

**FEMALE THIRTY**, love art, living things & the permaculture challenge. Open, honest, genuine & earthy. Seeking friend/partner with capable hands & heart. PO Box 59, WOORI YALLOCK, 3139.

**VEGETARIAN FEMALE** 49 yrs, healthy, active, yoga, nature lover & organic gardener. I am striving to care for & love all in creation. Love all. I enjoy bushwalking, working with nature & animals. Seeking an honest male as a penfriend or for companionship & outings. I will offer friendship to all genuine replies. Blue gum, (GR 139) C/- PO Box 117, SEYMOUR 3661.

**ACTIVE PENSIONER, SIXTY**, has van will travel, seeks n/s woman partner, round Oz journey, book in mind, share expenses. Chat: 03-5229-1122. Write: Jules C/- (GR 139) PO Box 117, SEYMOUR 3661. email [jules@webaxs.net](mailto:jules@webaxs.net)

**MALE, SETTING OUT** on a journey working around Australia heading towards Qld. Looking for a female companion/soul mate. Reply: Chris, 0428-194-512.

**HI, I AM FIFTY-THREE** years old, single, Leo, 170 cm tall, I am a nonsmoker light social drinker. I have fair hair, blue eyes, broad shoulders & a fairly solid build. I am Australian & I have a secure job. I consider myself to be a quiet, tidy, easy-going person, gentle, caring, friendly & down-to-earth. I am mechanically minded & a good handyman with a wide range of interests. I would like to meet a single lady, no ties, 39 to 51 age group approx, who dresses casually like myself, with a view to friendship & perm r/ship if compatible. I live in the outer eastern suburbs of Melbourne. I also own my own house & car. Photo appreciated but not necessary. All replies will be answered, all photos returned safely. Reply: Leo (GR139), C/- PO Box 117, SEYMOUR 3661.

### TASMANIA

**LONELY, REQUIRE COMPANIONSHIP?** Professional male, 34 yrs, 6' 2", fit & adventurous. Arrives May 21st in Hobart. Appreciate contacts. Ph: Graham, 0408-825-985

### AUSTRALIA-WIDE

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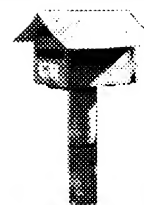
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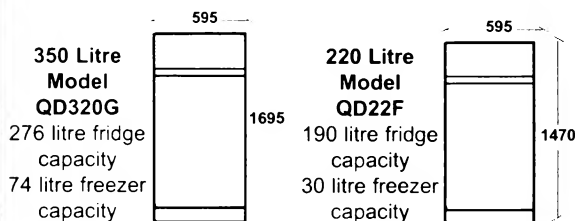
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